

Microwave Cooking



User Instructions

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) DO NOT ATTEMPT
to operate this oven with the door open since
open-door operation can result in harmful
exposure to microwave energy. It is important not
to defeat or tamper with the safety interlocks.
- (b) DO NOT PLACE
any object between the oven front face and the
door or allow soil or cleaner residue to accumulate
on sealing surfaces.
- (c) DO NOT OPERATE
the oven if it is damaged. It is particularly
important that the oven door closes properly and
that there is no damage to the:
- (1) DOOR (bent)
 - (2) HINGES AND LATCHES (broken or
loosened)
 - (3) DOOR SEALS AND SEALING SURFACES
- (d) THE OVEN SHOULD NOT BE ADJUSTED OR
REPAIRED BY ANYONE EXCEPT PROPERLY
QUALIFIED SERVICE PERSONNEL.

TABLE OF CONTENTS

	Page
Snacks and Appetizers	6
Beverages	12
Meats	15
Poultry	27
Seafood	35
Casseroles	43
Vegetables	48
Soups	55
Sandwiches	61
Eggs and Cheese	65
Convenience Foods	69
Sauces	72
Baking	74
Puddings and Pie Fillings	81

Recipes



Illustrated by Henry Krebs

TABLE OF CONTENTS

Page	
6	Snacks and Appetizers
12	Beverages
15	Meats
27	Poultry
35	Seafood
43	Casseroles
48	Vegetables
55	Soups
61	Sandwiches
65	Eggs and Cheese
69	Convenience Foods
72	Sauces
74	Baking
81	Puddings and Pie Fillings

Hot Snacks and Appetizers

Hot hors d'oeuvres and appetizers can be prepared very quickly in the oven by the hostess, or individual servings may be prepared by guests.

Many appetizers may be cooked on the serving platter, provided the platter does not have metal trim. A time saver tip – prepare these foods ahead of time, refrigerate or freeze and refresh in the oven at serving time.

A plate of appetizers will take only seconds to prepare or refresh.

Cheese melts very rapidly and will toughen if overcooked, so, watch foods combined with cheese closely so that overcooking will not occur. As soon as cheese starts to bubble, cooking is completed.

Appetizers that have a crisp pastry exterior are best prepared in a conventional oven.

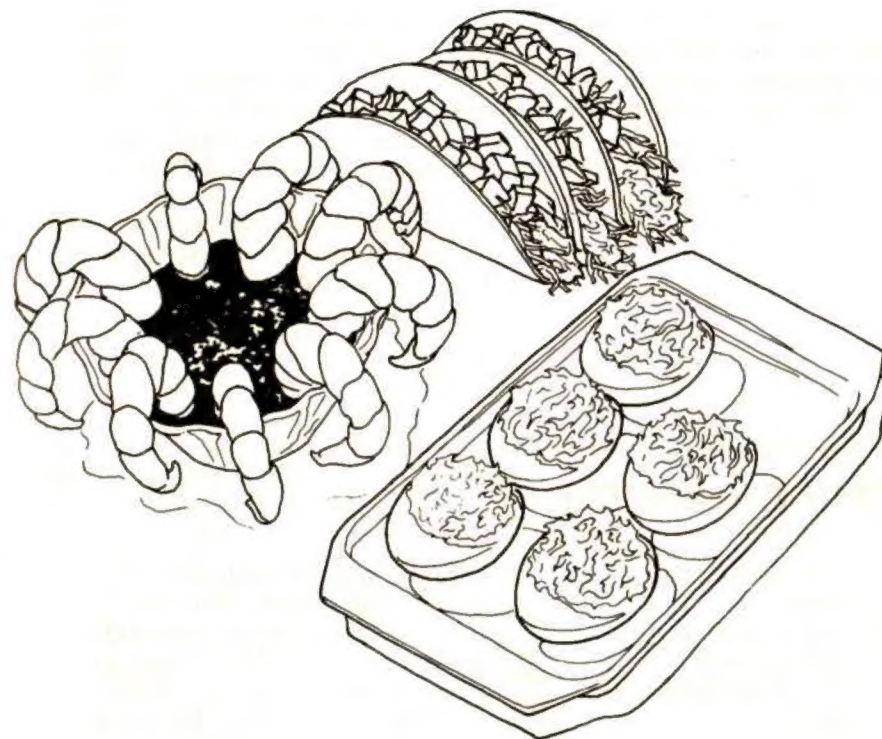
To prepare appetizers wrapped in bacon, it will be necessary to precook the bacon and then wrap around the foods. Oysters wrapped in bacon are easier to prepare in the broiler of your conventional range.

Seafood mixtures can be prepared in serving shells as microwaves energy will pass through the seafood shells without heating. Aluminum foil should not be used for shells.

If spreads are placed on crackers, care should be taken not to overcook as moisture from the food will cause crackers to become soggy. We have found that crackers used for spreads should be very dry and crisp. This helps avoid sogginess. Heat only until spread is at serving temperature.

The time required to heat all appetizers will depend on the amount of food, and the number and the type of dish selected. Remember the food will become very hot even if the dish is cool. Cheese mixtures appear to retain heat longer when heated with microwave energy.

Suggested times in this section are based on refrigerator temperature foods, and may vary with your own family's preference.



Hot Clam and Cheese Spread

3 cups
Cook Time: 8 minutes

- 1/3 cup butter
- 1 small onion, finely chopped
- 1/2 small red or green pepper, finely chopped
- 1 10 1/2 oz. can minced clams, drained
- 1 lb. diced processed cheese
- 1/2 cup catsup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sherry
- 1/4 teaspoon cayenne pepper

Melt butter in 1 1/2 quart glass casserole. Add chopped onion and pepper. Use COOK cycle and cook 4 minutes. Add drained minced clams, cheese, catsup, Worcestershire sauce, sherry and cayenne pepper. Mix well and cook 4 to 5 minutes or until cheese melts. Stir mixture every 30 seconds.

Spread may be prepared ahead, refrigerated and reheated at serving time. To serve, transfer to chafing dish or heat in oven. Mixture must be hot for serving. Serve on crackers, chips or Melba toast.

Tangy Meatballs

3 dozen

Cook Time: 12 to 16 minutes

- 1/2 cup dry bread crumbs
- 1/3 cup evaporated milk
- 2 teaspoons garlic salt
- 1 tablespoon instant minced onion
- 2 teaspoons curry powder
- 1 pound lean ground beef

Combine crumbs, milk, salt, onion, and curry; mix lightly. Add beef and blend thoroughly. Shape mixture into 36 1-inch balls. Arrange half of the balls in a double circle on a round microproof plate. Cover with waxed paper. Use COOK cycle and cook 6 to 8 minutes, or until beef is no longer red, rotating dish once during cooking time. Repeat with remaining meatballs. Serve on toothpicks.

Chili Cheese Dip

2 cups

Cook Time: 6 to 7 minutes

- 1 can (15 ounces) chili with beans
- 12 ounces process American cheese, diced
- 3 to 4 drops hot pepper sauce

Place chili in container of blender. Cover and process until smooth. Pour into 1 1/2-quart microproof bowl. Add cheese and hot pepper sauce. Use DEFROST cycle and cook 6 minutes, or until cheese is melted, stirring once during cooking time. Blend well. Serve with corn or tortilla chips.

Beef 'n Cheese Muffins

4 servings

Cook Time: 3 minutes

- 1/2 pound lean ground beef
- 2 English muffins split and toasted
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- dash freshly ground pepper
- 1/4 cup shredded Cheddar or processed cheese

Divide beef and spread with a knife on muffin halves. Sprinkle garlic powder, salt, and pepper evenly on muffin halves. Place on microproof plate. Use COOK cycle and cook 3 to 4 minutes. Sprinkle shredded cheese on each serving. Let stand 1 minute, or until cheese is melted. Serve hot.

Quick and Easy Shrimp Dip

2 cups

Cook Time: 3 to 4 minutes

- 1 package (8 ounces) cream cheese, quartered
- 1 can (7 ounces) broken shrimp, drained
- 2 tablespoons catsup or chili sauce
- 1 tablespoon minced onion
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic powder

Combine all ingredients in 1-quart microproof casserole. Use COOK cycle and cook 3 to 4 minutes, or until warm, stirring once during cooking time. Stir; serve with crackers or chips.

Butterflied Party Franks

10 to 12 servings

Cook Time: 11 minutes

- 1 1/2 pounds frankfurters
- 1 jar (10 ounces) cranberry jelly
- 4 tablespoons prepared mustard or Dijon mustard

Cut each frankfurter crosswise into 4 sections. Cut each section in half lengthwise to make 8 pieces. Split ends of each piece within 1/4-inch of the center; set aside. Combine jelly and mustard in 2-quart microproof casserole. Use DEFROST cycle and cook 6 minutes, or until jelly is melted, stirring after 3 minutes. Add frankfurters; stir to coat. Cover with waxed paper. Use COOK cycle and cook 5 minutes, or until hot. Stir and let stand, covered, 3 minutes. Serve with cocktail picks.

Cheese Nachos

6 servings

Cook Time: 8 to 10 minutes

- 1 package (8 ounces) tortilla chips
- 2 cups shredded Cheddar cheese
- 1 can (4 ounces) diced green chilies, drained
- 1 cup sliced olives, drained

Arrange chips on 2 10-inch microproof serving platters. Cover each with cheese, chilies, and olives. Use DEFROST cycle and cook, 1 plate at a time, 4 to 5 minutes, or until cheese is melted.



Ham Triangle Puffs

14 servings

Cook Time: 4 to 5 minutes

- 7 slices white or whole wheat bread
- 1 can (4½ ounces) deviled ham
- 2 teaspoons minced onion
- dash freshly ground pepper
- 2 egg whites
- 3 tablespoons mayonnaise
- 1 teaspoon dry mustard
- paprika

Trim crusts from bread; toast. Cut toast diagonally into triangles. In small bowl, combine ham, onion, and pepper; blend well. Spread on toast triangles. In small mixing bowl, beat egg white until stiff; fold in mayonnaise and mustard. Spread over ham mixture. Place triangles in circle on paper towel-lined microproof plate. Use COOK cycle and cook 4 to 5 minutes, or until egg white is set, rotating plate every 2 minutes. Sprinkle each serving with dash of paprika. Let stand 2 minutes before serving.

Oriental Chicken Wings

4 servings

Cook Time: 18 to 20 minutes

- 8 to 10 chicken wings
- ⅓ cup soy sauce
- 1 cup fine cracker crumbs
- ½ teaspoon garlic powder
- 1 teaspoon paprika
- ¼ teaspoon ginger
- ⅛ teaspoon freshly ground pepper

Cut wings in half; discard tips, or save for use in chicken broth. Rinse; pat dry with paper towels. Pour soy sauce into shallow bowl; set aside. In another shallow bowl, combine remaining ingredients. Dip chicken in soy sauce; roll in seasoned crumbs, coating evenly. Arrange chicken wings, skin-side up in spoke pattern in 9-inch round glass pie plate, placing thickest portions toward outside of plate. Cover with paper towels. Use COOK cycle and cook 10 minutes. Rotate dish one-quarter turn. Use COOK cycle and cook 8 to 10 minutes, or until chicken is tender. Serve hot.

Beverages

Beverages containing milk boil over quickly. Use a utensil larger than ordinarily needed when preparing these foods. Individual amount can be heated in the serving cup providing there is no metal trim.

Chocolate squares may be melted in their original paper wrapper, in a glass mixing bowl, in custard cups or glass measuring cups. If milk is to be added to melted chocolate squares, add water to the melted chocolate for easier blending.

Suggested times in this section are based on refrigerator temperature foods, and may vary with your own family's preference.



Hot Spiced Cranberry Punch

10 to 12 servings

Cook Time: 10 to 12 minutes

- 2 6 ounce cans frozen lemonade concentrate (undiluted)
1 quart cranberry juice
 $\frac{1}{4}$ teaspoon salt
1 stick whole cinnamon
 $\frac{1}{2}$ teaspoon whole allspice
1 pint water
 $\frac{1}{2}$ cup brown sugar
- Combine all ingredients in 3 quart glass casserole. Mix well; cover. Use COOK cycle and cook 10 minutes or to boiling point. Remove whole spices before serving.

Instant Coffee or Tea

Place the desired amount of instant coffee or tea in a serving cup that has no metal trim. Fill cup with water. Use COOK cycle and cook $1\frac{1}{2}$ to 2 minutes or until coffee or tea is at the desired serving temperature.

French Chocolate

8 to 10 servings

Cook Time: 5 to 6 minutes

- $\frac{1}{2}$ cup water
 $2\frac{1}{2}$ 1-ounce squares unsweetened chocolate
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup whipping cream (whipped)
- Combine water and chocolate squares in 1 quart measurer or 1 quart glass casserole. Use COOK cycle and cook 3 to 4 minutes, or until the chocolate melts. Stir well and blend in sugar and salt. Cook $1\frac{1}{2}$ minutes. Cool to room temperature. Fold in $\frac{1}{2}$ cup whipped cream. Store in refrigerator.

To serve, place one heaping tablespoon in each cup and fill with hot milk. Stir well.

Cocoa

4 to 6 servings
Cook Time: 9 minutes

- 3 tablespoons cocoa
- $\frac{1}{3}$ cup sugar
- 1 cup water
- 3 cups milk
- dash of salt
- $\frac{1}{2}$ teaspoon vanilla

Mix cocoa, sugar and water in 2 quart glass casserole. Use COOK cycle and cook 2 minutes. Add milk, salt and vanilla. Stir and cook 7 minutes or until cocoa is at serving temperature. Stir before serving.

Cocoa - Individual Serving

1 serving

Cook Time: 1 to 2 minutes

- $\frac{1}{2}$ teaspoon cocoa
- 2 teaspoons sugar
- $\frac{1}{4}$ cup water
- dash of salt
- $\frac{1}{2}$ cup milk

Place all ingredients in cup except milk. Use COOK cycle and cook 30 seconds. Add milk to fill cup. Mix ingredients well. Cook about 1 minute longer or until cocoa is at serving temperature. The exact time will depend on the size and thickness of cup.

Mulled Cider

4 to 6 servings
Cook Time: 10 minutes

- 2 sticks of cinnamon
- $\frac{1}{2}$ teaspoon ground mace
- 1 teaspoon whole cloves
- $\frac{1}{4}$ cup brown sugar
- 1 cup water
- 1 quart cider

Combine cinnamon, mace, cloves, sugar and water in 1 quart measurer. Use COOK cycle and cook until liquid is reduced to $\frac{1}{2}$ cup, about 6 minutes. Strain and add liquid to the cider. Heat to boiling temperature. Serve hot or cold.

Meats

Tender, juicy meats are prepared with a minimum of time and attention. Flavor-blended roast and stews, quick meat loaves and other favorite meat dishes are all possible, quick and easy with microwave ovens. Even frozen pot roast goes from freezer to table in a surprisingly short time.

If some of your guests or family prefer rare beef and others well done, the microwave oven solves that problem easily. After the roast is carved, a few seconds in the microwave oven will bring rare meat to medium or well done.



HINTS

- A roast will have a better appearance and will cook more evenly if the length is greater than the diameter. For best results, choose a roast that is uniform in size and about 5 inches in diameter.
- For more even cooking, start cooking roasts fat side down and turn at the end of half of the cooking time. If meat requires 15 minutes or longer cooking time, natural browning will occur. Salt, pepper and other seasonings, if desired, may be added to roasts before cooking.
- Recipe times here presume meat is at refrigerator temperature. If your meal requires lengthy preparation, during which the meat may reach room temperature, reduce cooking times.
- Baste, marinate, or season meat just as you would for conventional cooking. However, avoid salting the surface before or during cooking, since salt tends to draw liquids from food.
- You can use a microwave roasting rack to elevate meat from its drippings during cooking.
- Check dishes that use relatively long cooking times to be sure liquid has not evaporated. Add liquid as necessary.
- You can enhance the color and flavor of steaks, meatloaf, and roasts by using one of the following: powdered brown gravy mix; a liquid browning agent; Worcestershire sauce, soy sauce or steak sauce; paprika; cooked bacon; tomato sauce; or dehydrated onion soup mix.

THE DEFROSTING GUIDE

1. You may defrost meat within its original paper or plastic wrappings. Remove all metal rings, wire twist ties, and all foil wrapping.
2. Place meat in microproof dish.
3. Defrost in the microwave oven only as long as necessary, since standing time will complete the thawing process.
4. Slightly increase the time for weights larger than on the chart. Do not double.

GUIDE FOR DEFROSTING MEATS

Meat	Amount	Control	Time (minutes per pound)	Standing Time (minutes)	Special Notes
Beef					
Ground beef	1 lb. 2 lbs.	DEFROST DEFROST	5-6 8-9	5 5	Turn over once. Remove thawed portions with fork. Return remainder. Freeze in doughnut shape. Depress center when freezing. Defrost on plate.
	1/4 lb. patty	DEFROST	1 per patty	2	
Pot roast, chuck	under 4 lbs. over 4 lbs.	DEFROST COOK	3-5 3-6	10 10	Turn over once. Turn over once.
Rib roast, rolled	3 to 4 lbs. 6 to 8 lbs.	DEFROST COOK	6-8 7-9	30-45 90	Turn over once. Turn over twice.
Rib roast, bone in		COOK	6-7	45-90	Turn over twice.
Rump roast	3 to 4 lbs. 6 to 7 lbs.	DEFROST COOK	3-5 3-6	30 45	Turn over once. Turn over twice.
Round steak		DEFROST	4-5	5-10	Turn over once.
Flank steak		DEFROST	4-5	5-10	Turn over once.
Sirloin steak	1/2" thick	DEFROST	4-5	5-10	Turn over once.
Tenderloin, whole steak	2 to 3 lbs. 12 oz.	DEFROST DEFROST	5-6 3-4	10 8-10	Turn over once. Turn over once.
Stew beef	2 lbs.	DEFROST	3-5	8-10	Turn over once. Separate.
Lamb					
Cubed for stew		DEFROST	7-8	5	Turn over once. Separate.
Ground lamb	under 4 lbs. over 4 lbs.	DEFROST COOK	3-5 3-6	30-45 30-45	Turn over once. Turn over twice.
Chops	1" thick	DEFROST	5-8	15	Turn over twice.
Leg	5-8 lbs.	DEFROST	4-5	15-20	Turn over twice.
Pork					
Chops	1/2" 1"	DEFROST DEFROST	4-6 5-7	5-10 10	Separate chops halfway through defrosting time.
Spareribs, country-style ribs		DEFROST	5-7	10	Turn over once.
Roast	under 4 lbs. over 4 lbs.	DEFROST COOK	4-5 5-6	30-45 30-45	Turn over once. Turn over twice.
Bacon	1 lb.	DEFROST	2-3	3-5	Defrost until strips separate.
Sausage, bulk	1 lb.	DEFROST	2-3	3-5	Turn over once. Remove thawed portions with fork. Return remainder.
Sausage links	1 lb.	DEFROST	3-5	4-6	Turn over once. Defrost until pieces can be separated.
Hot dogs		DEFROST	5-6	5	
Veal					
Roast	3 to 4 lbs. 6 to 7 lbs.	DEFROST COOK	5-7 6-8	30 90	Turn over once. Turn over twice.
Chops	1/2" thick	DEFROST	4-6	20	Turn over once. Separate chops and continue defrosting.

GUIDE FOR COOKING MEATS

1. Meat should be completely thawed before cooking.
2. Place meat, fat side down, on microwave roasting rack set in glass baking dish. An inverted microproof saucer may be used if you do not have a roasting rack.
3. Meat may be covered lightly with waxed paper to stop splatters.
4. Use a microwave meat thermometer for the most accurate cooking of larger meat cuts.
5. Unless otherwise noted, times given for steaks and patties will give medium doneness.
6. During standing time, the internal temperature of roasts will rise approximately 15°F. Hence, standing time is considered an essential part of the time required to complete cooking.
7. Cutlets and chops that are breaded are cooked in the same time as shown on chart.

Meat	Amount	First Cook Time	Second Cook Time	Standing Time (minutes)	Special Notes
Beef					
Ground beef	Bulk	3 minutes per pound	Stir, 3 minutes per pound	5	Crumble in dish, cook covered
Ground beef patties, 4 oz. 1/2" thick	1	1 1/2-2 minutes	Turn over, 1 1/2-2 minutes		Shallow baking dish
	2	2 1/2-3 minutes	Turn over, 2 1/2-3 minutes		Shallow baking dish
	4	4 1/2 minutes	Turn over, 4 1/2-5 minutes		Shallow baking dish
Meatloaf	2 lbs.	16-20 minutes		5-10	Glass loaf dish or glass ring mold.
Beef rib roast, boneless		Rare: 5 1/2-6 minutes per pound	Turn over, 4-5 minutes per pound	10	Glass baking dish with microproof roasting rack.
		Medium: 6 1/2-8 minutes per pound	6-6 1/2 minutes per pound	10	
		Well: 8-9 1/2 minutes per pound	7-8 minutes per pound	10	
Rib roast, bone in		Rare: 4-5 1/2 minutes per pound	Turn over, 4-5 minutes per pound	10	Glass baking dish with microproof roasting rack.
		Medium: 5 1/2-6 1/2 minutes per pound	4-6 minutes per pound		
		Well: 6 1/2-8 minutes per pound	6-7 minutes per pound		

Meat	Amount	First Cook Time	Second Cook Time	Standing Time (minutes)	Special Notes
Beef round, rump, or chuck, boneless		6 1/2 minutes per pound	Turn over, 19 minutes per pound	10-15	Casserole with tight cover. Requires liquid.
Beef brisket, boneless, fresh or corned	2-3 lbs.	6 1/2 minutes per pound	Turn over, 19 minutes per pound	10-15	3-quart casserole Dutch oven with tight cover. Water to cover.
Top round steak		6 1/2 minutes per pound	Turn over, 5 minutes per pound	10-15	Casserole with light cover. Requires liquid.
Sirloin steak	3/4 to 1" thick	6 1/2 minutes per pound	Drain dish and turn over, 2 1/2 minutes per pound	10-15	Shallow cooking dish or browning dish preheated 11 minutes on COOK.
Minute steak or cube steak	4, 6-oz. steaks	1 1/2-2 1/2 minutes	Drain dish and turn over, 1 1/2-2 1/2 minutes		Browning dish preheated on COOK 11 minutes.
Tenderloin	4, 8-oz. steaks	Rare: 6 1/2 minutes Med: 8 minutes Well: 12 minutes	Drain, turn steak, 1 1/2-2 1/2 minutes 2 1/2-4 minutes 2 1/2-4 minutes	10-15	Browning dish preheated on COOK 11 minutes.
Ribeye or strip steak	1 1/2-2 lbs. Well: 9 1/2 minutes	Rare: 5 1/2 minutes Med: 6 1/2 minutes 2 1/2-4 minutes	Drain, turn steak, 1-1 1/2 minutes 1 1/2-2 1/2 minutes	10-15	Browning dish preheated on COOK 11 minutes
Lamb					
Ground lamb patties	1-2 lbs.	5 minutes	Turn over, 5 1/2-6 1/2 minutes		Browning dish preheated on COOK 10 minutes.
Lamb chops	1-1 1/2 lbs. 1" thick	10 1/2 minutes	Turn over, 9 1/2-10 1/2 minutes		Browning dish preheated on COOK 10 minutes.
Lamb leg or shoulder roast, bone in			Cover end of leg bone with foil. Turn over. Medium: 4-5 minutes per pound Well: 5-6 minutes per pound	5 10	6x9-inch dish with microproof roasting rack.
Lamb roast, boneless		6-7 minutes per pound	Turn over, 6-7 minutes per pound	10	6x9-inch dish with microproof roasting rack.
Veal					
Shoulder or rump roast, boneless	2-4 lbs.	9 minutes per pound	Turn over, 10-12 minutes per pound	10	6x9-inch dish with microproof roasting rack.
Veal cutlets or loin chops	1/2" thick	2 1/2 minutes per pound	Turn over, 2 1/2-5 1/2 minutes per pound		Browning dish preheated on COOK 10-12 minutes.
Pork					
Pork chops	1/2" thick	8 minutes per pound	Turn over, 6 1/2-8 minutes per pound		Browning dish preheated on COOK 10 minutes.
Spareribs		7-8 minutes per pound	Turn over, 7-8 minutes per pound	10	6x9-inch dish with microproof roasting rack.

Meat	Amount	First Cook Time	Second Cook Time	Standing Time (minutes)	Special Notes
Pork loin roast, boneless	3-5 lbs.	8 minutes per pound	Turn over. 6-7 minutes per pound	10	6x9-inch dish with microproof roasting rack.
Pork loin, center cut	4-5 lbs.	6½-8 minutes per pound	Turn over. 4-6 minutes per pound	10	6x9-inch dish with microproof roasting rack
Ham, boneless, precooked		6-8 minutes per pound	Turn over. 6-8 minutes per pound	10	6x9-inch dish with microproof roasting rack
Center cut ham slice	1-1½ lbs.	6 minutes per pound	Turn over. 6-7 minutes per pound	10	6x9-inch baking dish
Smoked ham shank		4-6 minutes per pound	Turn over. 4-6 minutes per pound	10	6x9-inch dish with microproof roasting rack
Canned ham	3 lbs.	6-7 minutes per pound	6-7 minutes per pound	10	6x9-inch dish with microproof roasting rack
	5 lbs.	4-6 minutes per pound	Turn over. 4-6 minutes per pound	10	6x9-inch dish with microproof roasting rack
Sausage patties	12 oz.	2½ minutes	Turn over. 2-2½ minutes per pound		Browning dish preheated on COOK 10 minutes
Sausage	16 oz.	4 minutes	Stir. 1½-2½ minutes		Crumble into 1½-quart dish covered
Pork sausage, links	½ lbs.	Pierce casing. 1½ minutes	Turn over. 1½-2 minutes		Browning dish preheated on COOK 10 minutes
	1 lb.	2½-3 minutes	2½-3 minutes		
Bratwurst, precooked		Pierce casing. 6 minutes per pound	Rearrange. 5-6 minutes per pound		Casserole
Polish sausage, knockwurst, rink bologna		Pierce casing. 2½-3½ minutes per pound	Rearrange. 2½-3½ minutes per pound		Casserole
Hot dogs	1	30-45 seconds			Shallow dish
	2	50-60 seconds			Shallow dish
	4	1-1½ minutes			Shallow dish
Bacon	2 slices	2½-3 minutes			Dish: slices between paper towels
	4 slices	4½-5 minutes			Dish: slices between paper towels
	6 slices	6½-7 minutes			Roasting rack, slices covered with paper towels
	8 slices	8-10 minutes			Roasting rack, slices covered with paper towels



Rolled Rib Roast of Beef

Cook Time: (see cooking guide)

Put foil over the small end of the roast if roast is not uniform. Place on microwave roasting rack in glass utility dish with fat side down. Season if desired. Cover with wax paper and roast with COOK cycle. After half of the cooking time, turn roast, fat side up. Remove the foil but not the wax paper and continue to roast. After the cooking time, allow roast to stand 20-30 minutes for heat equalization before carving. Cover with foil during standing time to prevent heat loss.

If the roast is more than 5 inches in diameter or if the roast is to be roasted to a well done stage, allow a standing time of 30 minutes at the end of the first half of the roasting time. Then continue roasting.

Standing Rib Roast of Beef

Follow the roasting directions given for the rolled rib roast of beef. Start roasting with fat side down and the bone side up.* After half the roasting time, turn the fat side up and continue roasting. Roasting times are the same as the rolled rib roast.

*Note: A smooth piece of aluminum foil should be placed over the small bone section for the first half of the roasting time.

Beef Rolls

6 servings

Cook Time: 34 minutes

- 2 pounds beef top round steak, cut 1/2-inch thick
- 2 tablespoons butter or margarine
- 1/2 cup chopped celery with leaves
- 1/2 cup chopped onion
- 1 cup soft bread crumbs
- 1/4 teaspoon crushed rosemary
- 1/4 teaspoon thyme
- 1/4 teaspoon pepper
- 1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted

Pound steak with meat mallet or edge of saucer. Cut into 6 pieces. Combine butter, celery, and onion in a 1-quart glass measure. Use COOK cycle and cook for 4 minutes, or until onion is transparent. Stir in bread crumbs, rosemary, thyme, and pepper. Divide stuffing among pieces of steak. Roll meat around stuffing and fasten with toothpicks. Arrange in a microproof baking dish. Spoon soup over top of meat rolls. Use DEFROST cycle and cook for 30 minutes, or until meat is tender. Turn meat once during cooking time, spooning sauce over top of meat rolls. Let stand 5 minutes before serving.

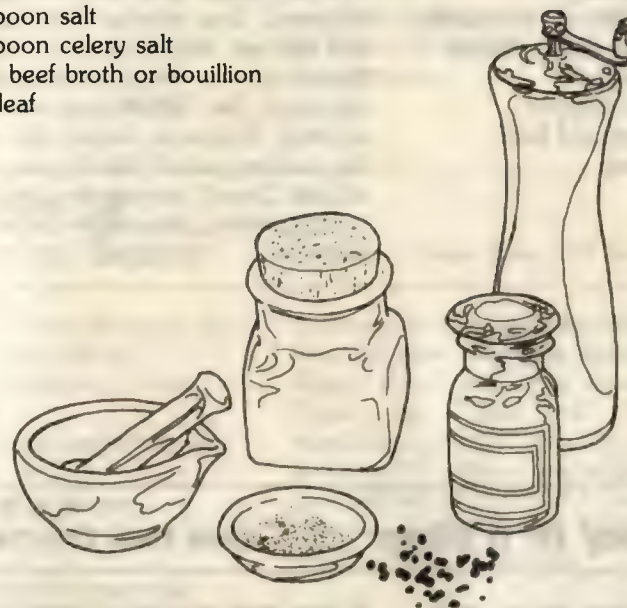
Roast Beef Stew

4 to 5 servings

Cook Time: 20 minutes

- 2 cups diced roast beef
- 1 cup chopped onion
- 1 cup thinly sliced carrots
- 1 cup diced potatoes
- 1 package (3/4-ounce) brown gravy mix
- 1/2 teaspoon salt
- 1/2 teaspoon celery salt
- 1 1/2 cups beef broth or bouillon
- 1 bay leaf

Combine all ingredients in 2-quart casserole. Cover. Use COOK cycle and cook for 20 minutes, or until vegetables are tender-crisp, stirring twice. Remove bay leaf.



Pot Roast with Vegetables

4 to 6 servings

Cook Time: 55 to 60 minutes

- 2 pound pot roast (boneless works best)
- 1 1/2 teaspoons salt
- 1/2 cup liquid beef stock or wine
- 1 24-ounce package frozen stewing vegetables

Trim fat from roast and place fat in 1 1/2 quart casserole or 10-inch ceramic skillet with lid. Use COOK cycle and cook 5 minutes; remove pieces of fat and place roast in drippings. Cover and cook 10 minutes. Turn roast over and add liquid. Cover and cook 20 minutes. Turn roast, rotate dish half turn and cook 10 minutes. Add vegetables and cook 7 minutes. Turn dish half turn and cook 8 minutes or until vegetables are tender-crisp.

"Minute" Meat Loaf

4 to 6 servings
Cook Time: 10 to 12 minutes

- 1 clove garlic
- 6 saltine crackers
- 1/2 cup tomato juice
- 1 egg
- 1 small onion
- 2 sprigs parsley
- 1/2 bell pepper, cut in chunks
- 1 rib celery, cut in chunks
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground beef
- 1/4 cup catsup

Rub a 1 1/2 quart glass baking dish with cut clove of garlic. Crumb saltines in blender and pour into mixing bowl. Put tomato juice, egg, onion, parsley, bell pepper, celery, salt and pepper in blender jar and blend on Medium speed until vegetables are finely chopped. Toss together with ground beef and saltines, mixing lightly but thoroughly. Spoon mixture evenly into baking dish; do not pack. Use COOK cycle and cook uncovered, 6 minutes, turning dish twice during cooking period. Drizzle catsup over top of loaf. Cook 5 minutes longer. If a brown crust is desired, place under broiler for a few seconds.

Meat Loaf in a Ring

6 to 8 servings
Cook Time: 22 to 24 minutes

- 2 pounds lean ground beef
- 2 eggs, slightly beaten
- 3 slices fresh white bread, crumbed
- 1 small onion, finely chopped
- 1 envelope onion soup mix
- 2 tablespoons milk
- 2 teaspoons prepared mustard
- 1 tablespoon minced fresh parsley
- 1 can (8 ounces) tomato sauce

Topping

- 1 tablespoon brown sugar
- 1 tablespoon vinegar

In large bowl, combine all ingredients except tomato sauce. Add 1/4 cup tomato sauce to meat mixture; mix thoroughly. Spoon into 4- or 5-cup ring mold (check yours to be certain it will fit your oven). Use COOK cycle and cook 20 to 22 minutes, rotating every 10 minutes. Meat loaf ring is done when it pulls away from side of mold. Let stand 5 minutes; drain. Invert onto warmed serving platter.

To prepare Topping, mix sugar, remaining tomato sauce, and vinegar in 2-cup glass measure. Use COOK cycle and cook 2 minutes. Stir. Pour half of sauce over meat loaf ring. Serve remaining sauce as gravy.

Ham Loaf

4 to 6 servings
Cook Time: 15 minutes

- 2 cups coarsely ground cooked ham
- 1 cup finely crushed cracker crumbs
- 1 can (20 ounces) crushed pineapple, drained, syrup reserved
- 1 egg
- 1/2 small onion, chopped
- 1 teaspoon dry mustard

In mixing bowl, combine ham, crumbs, 1/2 cup reserved syrup, egg, onion, and mustard. Line 4-cup microproof ring mold with pineapple. Spoon ham mixture evenly over pineapple, pressing lightly into mold. Use COOK cycle and cook 15 minutes. Invert onto serving platter. Center of mold can be filled with cooked green vegetables before serving.

Spareribs in Barbecue Sauce

4 servings
Cook Time: 40 to 42 minutes

- 2 pounds lean spareribs, cut in serving pieces
- 1 can (8 ounces) tomato sauce
- 1/2 cup firmly packed brown sugar
- 1/4 cup cider vinegar
- 3 tablespoons instant minced onion
- 1 tablespoon horseradish
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper

Arrange ribs in 2-quart microproof casserole. In small bowl, combine remaining ingredients; blend well. Pour sauce over ribs. Cover. Use COOK cycle and cook 15 minutes; turn ribs. Cover. Use COOK cycle and cook 15 minutes; rearrange ribs. Cover. Use DEFROST cycle and cook 10 to 12 minutes, or until ribs are tender. Let stand 3 minutes before serving.

Pork Chop Sauce-Ery

4 servings
Cook Time: 23 to 25 minutes

- 4 pork chops, 1-inch thick
- 4 onion slices
- 1 12-ounce bottle chili sauce or barbecue sauce
- 4 green pepper rings

Trim and score fat and place in 3 quart casserole. Top with onion slices. Pour chili or barbecue sauce over all; use COOK cycle and cook 20 minutes, turning every 5 minutes. Add green pepper rings and continue cooking 3 to 5 minutes.

Stuffed Pork Chops

4 servings

Cook Time: 15 to 20 minutes

- 1 cup coarse dry bread crumbs
- $\frac{3}{4}$ cup chopped apples
- 4 tablespoons chopped raisins
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons minced onion
- $\frac{1}{4}$ teaspoon pepper
- pinch sage
- 2 tablespoons melted butter or margarine
- 8 thin rib or loin pork chops
- 1 package ($\frac{3}{8}$ ounces) brown gravy mix

Combine bread crumbs, apples, raisins, salt, sugar, onion, pepper, sage, and melted butter. Mix lightly. Moisten slightly with hot water if stuffing is dry. Trim all fat from pork chops. Place 4 chops in bottom of an 8-inch square microproof baking dish. Divide stuffing into 4 portions and place 1 portion on top of each chop. Cover chops with 4 remaining chops, pressing together lightly. Sprinkle brown gravy mix over top of chops. (To make an even layer, sift mixture through a small strainer. Cover with waxed paper. Use COOK cycle and cook for 14 to 18 minutes, or just until done. Turn every 5 minutes.

Baked Ham Slice with Cherries

6 to 8 servings

Cook Time: 20 minutes

- $\frac{1}{4}$ cup white wine
- $\frac{1}{3}$ cup firmly packed brown sugar
- 2 tablespoons butter or margarine
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon cloves
- 1 slice ($1\frac{1}{2}$ pounds) cooked ham
- 1 cup cherry pie filling

In oval glass baking dish, mix wine, sugar, butter, ginger and cloves. Use COOK cycle and cook $1\frac{1}{2}$ minutes, or until butter is melted and sugar dissolved. Stir. Add ham; turn to coat. Cover with waxed paper. Use COOK cycle and cook 15 minutes, or until heated through. Remove ham to serving platter. Add cherry pie filling to sauce, stir. Cover. Use COOK cycle and cook 4 minutes, or until thick and heated through. Pour sauce over ham and serve.

Poultry



Juicy and tender. Delicious, too. That's how best to describe poultry that has been prepared in a microwave oven. A few tips follow to help you achieve success every time.

Browning does not occur with most pieces and smaller birds because of short microwave times. To improve the color of the cooked poultry, you may wish to:

- Use a dark ingredient on the poultry's surface: a gravy mix, soy sauce, paprika, jam, etc.
- Bake in a cream sauce, condensed soup, or a colorful fruit sauce.
- Use a browning skillet.
- Use the conventional range or grill to brown the poultry. Then finish cooking it in the microwave oven.
- Use care in selecting whole poultry. Chances are your oven will not be able to manage a whole turkey. (Even the largest microwave ovens cannot accommodate a turkey larger than 12 to 14 pounds.)
- Conventional pop-up indicators for doneness do not work correctly in the microwave oven.
- When using a microwave meat thermometer, insert it in the fleshy part of the inside thigh muscle, without touching the bone.
- Standing time is essential to complete cooking. Allow up to 15 minutes standing time for whole poultry depending upon size. The internal temperature will rise approximately 15°F during 15 minutes standing time. Chicken pieces and casseroles need only 5 minutes standing time.

GUIDE FOR COOKING POULTRY

- 1 Defrost frozen poultry completely before cooking.
- 2 Remove giblets and rinse poultry in cool water, then pat dry.
- 3 When cooking whole birds, place on a microproof roasting rack or an inverted microproof saucer in a glass baking dish large enough to catch drippings.
- 4 Turn over, as directed in Guide, halfway through cooking time.
- 5 Cook whole poultry covered loosely with a waxed paper tent to prevent splattering. Toward end of cooking time, small pieces of aluminum foil may be used to cover legs, wing tips, or breastbone area to prevent overcooking. Foil should be at least 1 inch from oven walls.
- 6 Cover poultry pieces with glass lid or plastic wrap during cooking.
- 7 Standing time completes the cooking of poultry. Cooked whole birds may be covered with aluminum foil during standing time.

Food	First Cook Time (minutes)	Second Cook Time (minutes)	Standing Time (minutes)	Special Notes
Chicken, whole, 2-3 pounds	4-5 per pound	Turn over. 5-6 per pound	5 (covered with foil)	Shallow baking dish, roasting rack, breast up. 6x9-inch baking dish. Cover.
Chicken, cut up 2 1/2-3 1/2 pounds	5 per pound	Turn over. 5 per pound	5	6x9-inch baking dish. Cover.
Cornish hens 1 1/2 pounds	5 per pound	Turn over. 4 per pound	5	Shallow baking dish, breast down. Cover.
Duckling 4-5 pounds	4 1/2 per pound	Turn over. Drain excess fat. 4-5 per pound	8-10	Shallow baking dish, roasting rack. Cover.
Turkey breast, 14 pounds	9-9 1/2 per pound	Turn over. 5 1/2-6 per pound		Shallow baking dish, roasting rack.
Turkey roast, boneless 2-4 pounds	11 per pound	Turn over. 10 per pound	10-15	Loaf pan. Cover with plastic wrap.
Turkey parts, 2-3 pounds	8-9 per pound	Turn over. 8-9 per pound	5	Shallow baking dish with roasting rack.

Use COOK cycle.

Apricot Baked Chicken

4 servings
Cook Time: 20 minutes

- 1 broiler-fryer (2½ to 3 pounds), cut up
- ¼ cup bottled Russian dressing
- 2 tablespoons mayonnaise
- ½ cup apricot preserves
- ½ envelope dry onion soup mix

Arrange chicken pieces in 2-quart baking dish, placing thickest "meaty" pieces around edge of dish. Mix together remaining ingredients; spread mixture over chicken, coating each piece. Cover with waxed paper. Use COOK cycle and cook 20 minutes until fork tender, turning chicken pieces and dish a half turn after 10 minutes. Let stand 5 minutes, covered. Serve on noodles.

Easy Cordon Bleu

4 servings
Cook Time: 10 to 14 minutes

- 2 large chicken breasts, boned and halved
- 4 thin slices ham
- 4 pieces cheese (1- x 1- x ½-inch)
- 4 tablespoons butter or margarine
- 1 teaspoon lemon herb-seasoned salt
- ½ cup grated Swiss cheese

Place each boned and halved chicken breast between two sheets of waxed paper. Flattened by pounding with a mallet. On each piece place a slice of ham and piece of cheese. Pull up sides of chicken and cover ham and cheese. Secure with a wooden toothpick.

Place butter in a 9-inch round glass baking dish. Use COOK cycle and cook 30 seconds or to melt. Add seasoned salt. Carefully place chicken pieces in the seasoned butter. Spoon butter over chicken. Cover with waxed paper.

Use COOK cycle and cook 2 minutes. Spoon liquid over chicken. Cover with waxed paper. Use COOK cycle and cook 6 to 8 minutes.

Sprinkle grated cheese over chicken. Use COOK cycle and cook 2 minutes or until cheese is melted. Let stand, covered, 3 to 5 minutes. Serve with liquid.

Chicken Dijon

4 servings
Cook Time: 18 to 20 minutes

- 4 whole chicken breasts, halved
- 1 tablespoons Dijon mustard
- 3 tablespoons butter or margarine, melted
- Salt and pepper
- Paprika

Remove skin from chicken pieces and dry thoroughly. Mix mustard and butter. Brush on chicken.

Place chicken pieces in a baking dish, meatier parts toward edge of dish. Season lightly with salt and pepper. Cover with waxed paper. Use COOK cycle and cook 18 to 20 minutes or until chicken is tender.

Turn chicken pieces and rotate dish ½ turn after 9 to 10 minutes of cooking. Let stand, covered, 5 minutes. Sprinkle with paprika before serving.

Chicken Tetrazzini

4 to 6 servings
Cook Time: 20 to 22 minutes

- 4 ounces uncooked spaghetti, broken into 2-inch pieces
- 2 tablespoons butter or margarine
- ½ cup minced onion
- ¼ pound mushrooms, sliced
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- ½ cup light cream or half-and-half
- ½ cup dry vermouth
- ½ cup grated Parmesan cheese, divided
- ¼ teaspoon salt
- Dash white pepper
- 1½ cups diced cooked chicken
- 2 tablespoons minced fresh parsley

Cook spaghetti according to package directions. Drain immediately; rinse in cold water to stop cooking; set aside.

In microproof casserole, place butter, onion, and mushrooms. Cover. Use COOK cycle and cook 3 to 4 minutes, or until onion is transparent. Stir in flour to make a paste.

In 4-cup glass measure, combine broth, cream, and vermouth. Use COOK cycle and cook 3 minutes; slowly stir into flour mixture; blend thoroughly. Stir in ¼ cup cheese, salt, and pepper; blend well. Use COOK cycle and cook 8 to 12 minutes, or until mixture comes to a boil and thickens, stirring once during cooking time.

Carefully stir in cooked spaghetti, chicken, and remaining cheese. Cover. Use COOK cycle and cook 3 minutes. Let stand, covered, 5 minutes before serving. Sprinkle with parsley.

Oven Baked Chicken

4 to 6 servings
Cook Time: 35 to 40 minutes

- 2½ to 3-pound frying chicken, cut up
- ⅓ cup evaporated milk or sherry
- 1 envelope (2⅓ ounces) seasoned coating mix for chicken

Wash chicken and pat dry with paper towels. Dip in milk or sherry. Place seasoned coating mix in plastic bag. Shake a few pieces of chicken at a time until coated. Arrange in 10-inch round microproof dish, skin-side up, with thickest portions toward outside of dish. Cover with paper towels. Use COOK cycle and cook 35 to 40 minutes, or until chicken is tender. Let stand 5 minutes before serving.

Cornish Hen and Rice Bake

4 servings
Cook Time: 30 minutes

- 1 6-ounce package long grain and wild rice mix with seasonings
- ½ cup celery, chopped
- 1 4-ounce can mushroom stems and pieces, drained
- 1⅔ cups water
- ¼ cup butter or margarine
- 2 Cornish game hens (22 ounces each)
- ¼ cup butter or margarine
- 1 teaspoon paprika

In a microproof baking dish, combine uncooked rice mix with seasonings, celery, mushrooms and water. Dot top with ¼ cup butter. Cover with waxed paper. Use COOK cycle and cook for 5 minutes. Stir and cook 5 more minutes. Meanwhile, use kitchen shears to cut Cornish hens in half lengthwise down side of breastbone. Arrange hens on top of rice with drumsticks toward center of dish. Place ¼ cup butter and paprika in 2-cup glass measure. Use COOK cycle and cook until butter is melted. Brush hens with butter. Cook, covered with waxed paper, approximately 22 minutes or until tender. After 11 minutes, turn dish and brush hens with remaining butter. Let stand 5 to 7 minutes, tented with aluminum foil. Garnish with orange slices.

Turkey Breast with Stuffing

4 to 6 servings
Cook Time: 55 to 65 minutes

- 1 medium onion, sliced
- ¼ cup celery, sliced
- 4 tablespoons butter or margarine
- 1 cup mushrooms, sliced
- 1 cups dry bread cubes
- 1 cup chicken broth
- ½ cup almonds (optional)
- ¼ cup chopped fresh parsley
- 1 teaspoon poultry seasoning
- 2 slices bread ends
- 1 to 4 pound whole turkey breast (cleaned, rinsed and patted dry)
- Vegetable oil
- Paprika

In 2-quart glass measure, combine onion, celery, and butter. Use COOK cycle and cook 6 minutes. Stir in mushrooms. Use COOK cycle and cook 3 minutes. Stir in bread cubes and broth, almonds, parsley, and poultry seasoning. Stuff neck cavity and fold over skin. Secure with wooden skewer or toothpicks. Fill large cavity with remaining stuffing. Cover stuffing with bread ends and tie breast with string to hold bread in place over stuffing. Rub skin with oil and sprinkle with paprika. Set trivet or small microproof rack into glass or ceramic baking dish. Place breast, skin side down, on trivet. Use COOK cycle and cook 30 minutes, turning dish once. Turn breast over. Use COOK cycle and cook 20 to 25 minutes, or until done (170°F on a microproof food thermometer). Let stand 10 minutes before serving.



Duckling Ala Orange

4 servings

Cook Time: 50 to 55 minutes

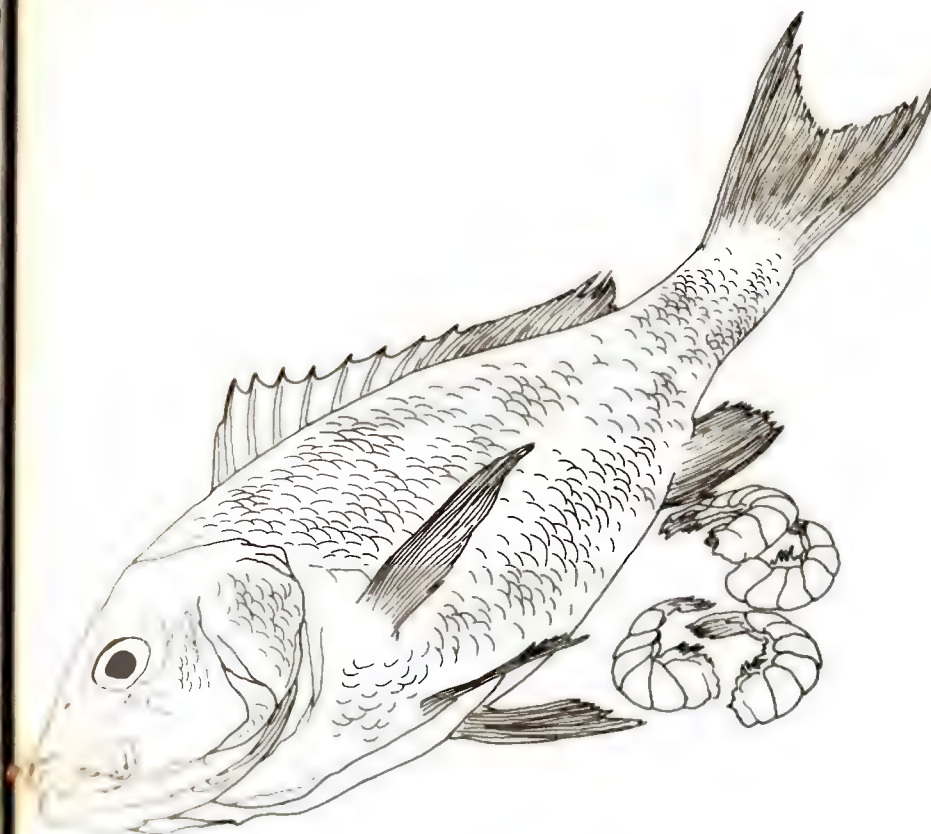
- 1 duckling (3 to 4 pounds), quartered
- Garlic salt
- Freshly ground pepper
- $\frac{3}{4}$ cup orange juice concentrate
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 tablespoon grated fresh orange peel
- $\frac{1}{2}$ teaspoon garlic powder
- 1 small orange, sectioned and each section quartered

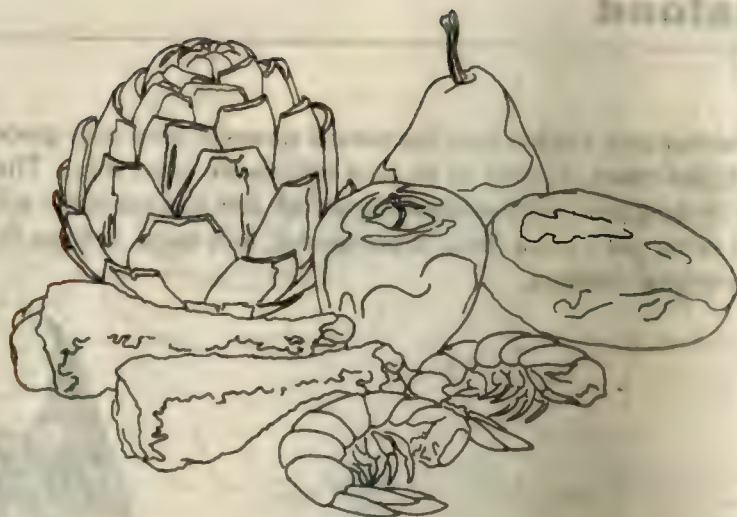
Sprinkle both sides of duckling with salt and pepper. Pierce skin in several places with fork. Place, skin side up, in shallow oval 10x7x2-inch microproof baking dish with thickest portions toward outside of dish. Cover with waxed paper. Use COOK cycle and cook 30 minutes, covering wings with 1-inch strip of aluminum foil halfway through cooking time. Drain; rearrange pieces, skin side down. Cover. Use COOK cycle and cook 10 minutes. Turn pieces skin side up. Cover. Use DEFROST cycle and cook 10 minutes, or until tender.

Combine juice, sugar, cornstarch, orange peel, and garlic powder in 2-cup glass measure. Use COOK cycle and cook 4 to 4 $\frac{1}{2}$ minutes, or until thickened, stirring every minute. Stir in orange sections. Arrange duck on serving platter. Pour sauce over duck.

Seafood

Whether your catch is from the natural waters or from your grocer's fresh and frozen cases, it's time to let your microwave oven shine. The microwave cooking process takes already-great fish and seafood dishes and makes them better yet – more flaky, more tender, and more delicate than with conventional cooking.





HINTS

- Cook fish covered unless it is coated with crumbs, which seal in the juices.
- When cooking whole fish, the dish should be rotated one-quarter turn twice during the cooking process to help provide even cooking. The odd shape of the fish requires this procedure.
- Shellfish is done when flesh is opaque and just firm.
- Shellfish come in their own cooking containers which respond well to microwave cooking. Clam and mussel shells open before your eyes. Shrimp, crab, and lobster shells turn pink.
- All seafood recipes freeze well except where otherwise noted.
- You can use the browning dish for fillets or fish patties. Preheat, add butter or oil, and brown on one side for best results.

Since fish and seafood cook quite rapidly in the microwave oven, watch microwave time closely. Remember that cooking continues during the standing time. If overcooked, fish becomes dry, strong, and tough.

Make-ahead tips. Cooked fish does not reheat well, it tends to overcook. If you prepare the dish early in the day, refrigerate it while it is still underdone. The fish will finish cooking during the reheating and standing times.

GUIDE FOR DEFROSTING SEAFOOD

Food	Amount	Control	Time (minutes)	Standing Time (minutes)	Special Notes
Fish Fillets	1 lb. 2 lbs.	DEFROST DEFROST	4-6 5-7	5 5	Defrost in package on dish. Carefully separate fillets under cold water. Turn once.
Whole fish	8-10 oz. 1½-2 lbs.	DEFROST DEFROST	4-6 5-7	5 5	Shallow dish, shape of fish determines size. Should be icy when removed. Finish at room temperature. Cover head with aluminum foil. Turn once.
Lobster tails	8 oz. package	DEFROST	5-7	5	Remove from package to baking dish.
Crab legs	8-10 oz.	DEFROST	5-7	5	Glass baking dish. Break apart and turn once.
Crabmeat	6 oz.	DEFROST	4-5	5	Defrost in package on dish. Break apart. Turn once.
Shrimp	1 lb.	DEFROST	3-4	5	Remove from package to dish. Spread loosely in baking dish and rearrange during thawing as necessary.
Scallops	1 lb.	DEFROST	8-10	5	Defrost in package if in block; spread out on baking dish if in pieces. Turn over and rearrange during thawing as necessary.
Oysters	12 oz.	DEFROST	3-4	5	Remove from package to dish. Turn over and rearrange during thawing as necessary.

GUIDE FOR COOKING SEAFOOD

1. Defrost seafood fully; then cook.
2. Remove original wrapping. Rinse under cold running water.
3. Place seafood in microproof baking dish with thick edges of fillets and steaks and thick ends of shellfish toward the outer edge of the dish.
4. Cover dish with plastic wrap or waxed paper.
5. Test often during the cooking period to avoid overcooking.
6. Method and time are the same for seafood with or without the shell.

GUIDE FOR COOKING SEAFOOD

Food	Time (minutes)	Standing Time (minutes)	Special Notes *
Fish fillets, 1 lb. 2 lbs.	5½-7 9-10½	4-5 4-5	6x9-inch dish, covered. 6x9-inch dish, covered.
Fish steaks, 1 inch thick, 1 lb.	7-8	5-6	6x9-inch dish, covered.
Whole fish 8-10 oz. 1½-2 lbs.	4-5½ 7-9	3-4 5	Appropriate shallow dish.
Crab legs 8-10 oz. 16-20 oz.	4-5½ 7-8	5 5	Appropriate shallow dish, covered. Turn once.
Shrimp, scallops 8 oz. 1 lb.	3-4½ 6-7½		Appropriate shallow dish, covered. Rearrange halfway.
Snails, clams, oysters, 12 oz.	3-4½		Shallow dish, covered. Rearrange halfway.
Lobster tails 1: 8 oz. 2: 8 oz. each 4: 8 oz. each	4-5½ 7-8 12-14	5 5 5	Shallow dish. Split shell to reduce curling.

*Use COOK cycle.

Parmesan Fish Fillets

4 servings

Cook Time: 4 to 5 minutes

- 1 pound mild white fish fillets
- 1 teaspoon garlic salt
- 2 tablespoons butter or margarine
- ½ cup grated Parmesan cheese
- ½ cup mayonnaise
- 2 tablespoons chopped green onions
- Paprika

Wipe and dry fish. Arrange fish in a microproof baking dish. Sprinkle with salt. Dot with butter. Cover with waxed paper. Use COOK cycle and cook 2 minutes.

Blend Parmesan cheese, mayonnaise, and onions. Spread cheese mixture over fish. Cover with waxed paper. Use COOK cycle and cook 2 to 3 minutes.

Sprinkle with paprika before serving.

Fabulous Baked Fish

4 servings

Cook Time: 8 to 10 minutes

- 4 fish fillets (1 pound)
- ⅔ cup seasoned Italian bread crumbs
- ¼ cup grated Parmesan cheese
- ½ teaspoon garlic powder
- 2 egg whites, slightly beaten

Rinse fillets; pat dry with paper towels; set aside. In small bowl, combine crumbs, cheese, garlic powder. Dip fillets in egg white, then in crumb mixture; coat well. Arrange fillets in shallow microproof baking dish, placing thickest part of fillet toward outside of dish. Cover with paper towel. Use COOK cycle and cook 8 to 10 minutes, or until fish flakes easily. Let stand 2 minutes. Serve with lemon wedges.

Lemon-Buttered Salmon

4 servings

Cook Time: 10 to 12 minutes

- 1 pound salmon fillets
- 2 tablespoons butter or margarine
- 2 tablespoons lemon juice
- ½ teaspoon pepper
- ½ teaspoon herb-seasoned salt
- Paprika

Arrange fillets in shallow 1½-quart oval microproof casserole or glass pie plate. Dot with butter. Sprinkle with remaining ingredients. Cover with plastic wrap. Use COOK cycle and cook 10 to 12 minutes, or until fish flakes easily and is opaque. Let stand 2 minutes before serving.

Gourmet Stuffed Fish

6 servings

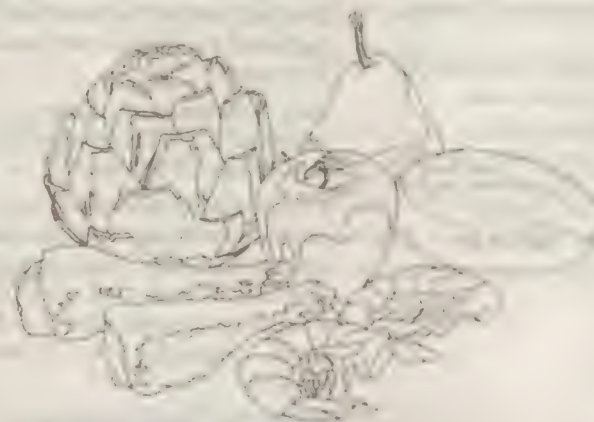
Cook Time: 12 to 13 minutes

- 2 tablespoons butter or margarine
- 1/4 cup onion or 2 tablespoons minced green onion
- 1/2 cup bread crumbs
- 2/3 cup chopped mushrooms
- 2 pounds flounder or sole fillets
- 1 can (10 3/4 ounces) condensed cream of celery soup
- 1/4 cup white wine
- 1/2 cup shredded Swiss cheese
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon paprika

Combine butter, onion, and mushrooms in 4-cup glass measure. Use COOK cycle and cook 3 minutes, or until onion is transparent; mix in bread crumbs. Rinse and pat dry fillets. Divide crumb mixture onto each fillet. Roll fillets; place, seam-side down, in 6x9-inch microproof baking dish, set aside. Heat soup until hot, stir in cheese until melted. Stir in wine and pour over fish. Cover with plastic wrap. Use COOK cycle and cook 9 to 10 minutes, or until fish is opaque. Sprinkle with parsley and paprika. Serve hot.

Fresh Shrimp

Peel and devein shrimp. Arrange the shrimp around the outside edge of a glass pie plate or other flat round dish. Cover with plastic wrap. Turn a corner back to form a vent. Use COOK cycle and cook approximately 5 minutes per pound. Watch carefully to prevent overcooking. Shrimp are done when they are pink. Let stand 3 to 5 minutes. Use in recipes calling for cooked shrimp or serve alone, either hot or cold.



Shrimp Creole

4 servings

Cook Time: 23 to 29 minutes

- 1 (29-ounce) can tomatoes
- 2 medium-size onions, chopped
- 1 large green pepper, diced
- 1 (10-ounce) package frozen okra, thawed
- 1 cup chopped celery
- 1 tablespoon Worcestershire sauce
- Dash hot sauce
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 1 (12-ounce) package frozen shrimp, thawed and drained
- Cooked rice

Combine tomatoes, onions, green pepper, okra, celery, Worcestershire sauce, hot sauce, pepper, and salt in a 2-quart glass casserole. Cover with plastic wrap. Use COOK cycle and cook 20 to 25 minutes.

Add shrimp to vegetable mixture. Cover with waxed paper or lid. Use COOK cycle and cook 4 to 4 minutes. Let Creole stand, covered, 4 minutes before serving. Serve over rice.

Shrimp and Artichokes

4 servings

Cook Time: 15 to 20 minutes

- 1 (10-ounce) package frozen artichoke hearts
- 1 tablespoon Worcestershire sauce
- 1/4 cup dry sherry
- 1 (10 3/4-ounce) can cream of mushroom soup, undiluted
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound cooked shrimp
- 1/4 pound fresh mushrooms, sliced
- 2 tablespoons butter or margarine
- 1/4 cup grated Parmesan cheese
- Paprika

Pierce artichoke package with a fork. Place on a paper plate. Use COOK cycle and cook 3 to 5 minutes. Let stand to cool slightly. Drain, if necessary.

Combine Worcestershire sauce, sherry, soup, salt, and pepper in a bowl.

Arrange the artichoke hearts, shrimp and mushroom slices in a 1 1/2-quart casserole. Dot with butter. Pour the sauce ingredients over top. Sprinkle with cheese and paprika. Use COOK cycle and cook 5 minutes. Rotate dish 1/2 turn. Cook 5 to 7 minutes. Let stand, covered, 2 minutes before serving.

Coquille St. Jacques

4 servings

Cook Time: 15 to 18 minutes

- 2 tablespoons butter
- 1/3 cup finely chopped celery
- 1 (4-ounce) can sliced mushrooms, drained
- 1/2 teaspoon salt
- 2 tablespoons all-purpose flour
- 1 tablespoon grated lemon rind
- 1 pound fresh raw scallops
- 1/2 cup dry white wine
- 1/2 cup half-and-half
- 3 tablespoons butter, melted
- 1/4 cup fine dry bread crumbs
- 2 tablespoons grated Parmesan cheese

Place 2 tablespoons butter, celery, and mushrooms in a 2-quart casserole. Use COOK cycle and cook 2 to 3 minutes. Stir in salt, flour, and lemon rind. Add scallops and wine.

Use COOK cycle and cook 5 to 6 minutes or until thickened. Stir after 2 or 3 minutes. Carefully stir in half-and-half. Use COOK cycle and cook 3 to 4 minutes. Stir well after 2 minutes.

Melt 3 tablespoons butter in a 2-cup glass measure. Combine melted butter, crumbs, and cheese. Set aside.

Divide scallop mixture among 4 individual ramekins or clean scallop shells. Top with crumb mixture. Cover with waxed paper. Use COOK cycle and cook 6 to 9 minutes. Rearrange or rotate after 3 or 4 minutes. Let stand, covered, 3 to 5 minutes before serving.

Place the filled ramekins or shells on a microproof tray or platter so that they can be easily rotated or rearranged during microwaving.

Clams with Garlic Butter

4 servings

Cook Time: 15 to 18 minutes

- 24 clams in the shell, well scrubbed

Garlic Butter Sauce:

- 2 tablespoons onion, finely minced
- 2 cloves garlic, finely minced
- 2 tablespoons dry white wine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup butter, chilled and cut into 8 pieces

Arrange half the clams in a circle on a microproof plate with hinges toward rim. Use COOK cycle and cook 3 to 4 minutes, or until shells open. Remove as soon as they open. Repeat with remaining shells. Break off top shell. Arrange in a circle on plate. Cover with plastic wrap. Set aside.

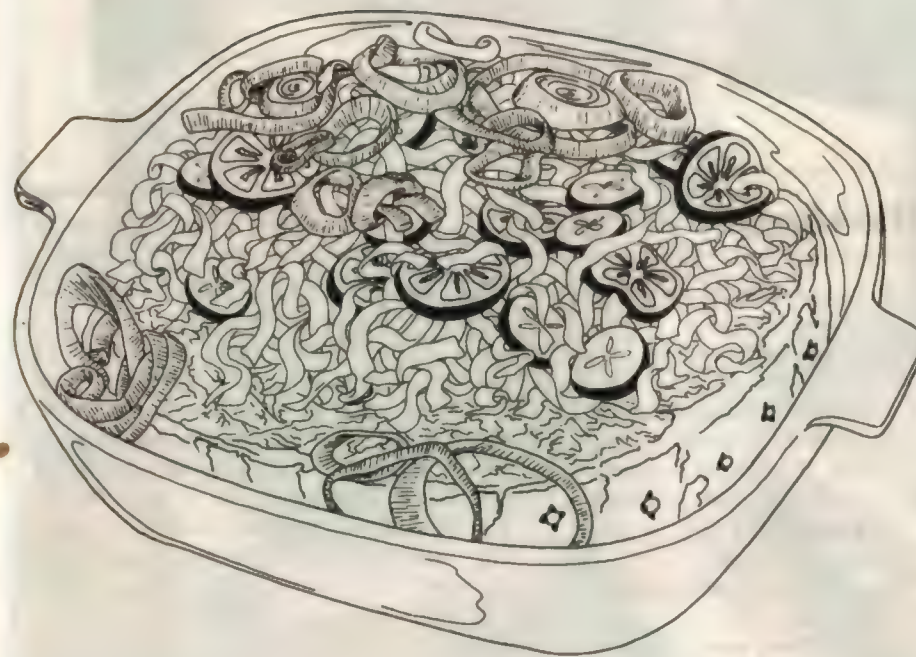
In a 4-cup glass measure, combine onion, garlic, wine, salt, and pepper. Use COOK cycle and cook 3 1/2 minutes. Quickly whisk in butter, 1 tablespoon at a time. Return to oven. Use COOK cycle and cook for 30 second intervals after 2 tablespoons of butter are added. The sauce should be creamy and slightly thickened. Spoon butter sauce on each clam. Serve hot.

Casseroles

CASSEROLE BASICS

Casseroles may require occasional stirring to distribute heat. They cook more evenly when made with ingredients of similar size and shape. And because of their shorter cooking time, casseroles cooked in the microwave oven generally need less liquid. Casseroles with cream and cheese sauces, or meats which need slower cooking to tenderize, cook best on the DEFROST or low setting.

When cooking a favorite casserole, make two and freeze the second for future use. Line a casserole or baking dish with plastic wrap. Transfer the cooked food to the lined container and freeze. As soon as the food is frozen in the shape of the dish, remove it and wrap with freezer paper. Later it can be unwrapped and returned to the container for defrosting and heating.



Saturday Special

6 servings

Cook Time: 13 to 15 minutes

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 cup dairy sour cream
- 1 10 1/2-ounce can condensed cream of mushroom soup, undiluted
- 1 10 ounce package frozen corn
- 1 2-ounce jar chopped pimiento, drained
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 large tomato, thinly sliced or 14 1/2-ounce can sliced baby tomatoes, drained
- 1 3 ounce can French fried onions

Crumble ground beef into 2-quart casserole. Add onion. Use COOK cycle and cook 5 minutes, stirring occasionally. Drain; stir in sour cream, soup, corn, pimiento, salt and pepper. Cover with lid or waxed paper. Use COOK cycle and cook 5 1/2 minutes, stirring after 3 minutes. Top with tomato slices. Cover and cook 3 1/2 minutes or until heated throughout. Garnish with French fried onions. Let stand 3 minutes, uncovered, before serving.

Hamburger Stroganoff

6 servings

Cook Time: 24 to 26 minutes

- 1 pound lean ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 1 can (8 ounces) mushroom stems and pieces, drained
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 cup dairy sour cream
- 1/4 cup chopped fresh parsley
- 4 cups hot cooked noodles

Place ground beef in 2-quart microwave casserole. Break up with fork. Stir in onion and garlic. Use COOK cycle and cook 10 to 12 minutes, or until beef is no longer red and onion is transparent. Drain; stir in soup, mushrooms, tomato paste, salt and pepper. Cover. Use COOK cycle and cook 12 minutes, stirring once. Stir in sour cream. Use OFF time 1 minute, stir once. Sprinkle with parsley. Serve over noodles.

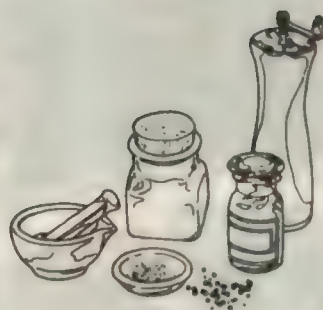


Mexican Casserole

6 to 8 servings
Cook Time: 25 to 30 minutes

- 1 pound lean ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can (10³/₄ ounces) condensed cream of onion soup
- 1 can (4 ounces) chopped green chilies
- 1 cup mild taco sauce
- 1 package (6¹/₄ ounces) corn chips
- 2 cups shredded Cheddar or Monterrey Jack cheese
- ¹/₄ cup chopped black olives

Place ground beef in 2-quart glass measure or microproof casserole; break up with fork. Add onion and garlic. Use COOK cycle and cook 10 minutes, or until beef is no longer red and onion is transparent. Stir to break up meat; drain. Stir in soup and chilies. In large oval microproof casserole, place about 2 cups corn chips. Layer half each of the meat mixture, taco sauce, and cheese. Repeat. Use COOK cycle and cook 17 to 19 minutes, or until heated through. Sprinkle with remaining corn chips and olives. Let stand 3 minutes before serving.



Macaroni and Cheese

4 to 6 servings
Cook Time: 10 to 13 minutes

- 2 cups elbow macaroni
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 2 cups milk
- 1 teaspoon salt
- 2 tablespoons minced onion
- 2 cups shredded processed or Cheddar cheese

Cook macaroni according to package directions; drain. Place in 2-quart microproof casserole; set aside. Place butter in 4-cup measure. Use COOK cycle and cook 1 minute, or until melted. Stir in flour until blended.

Pour milk into 2-cup glass measure. Use COOK cycle and cook 3 minutes. Stir into flour-butter mixture. Use COOK cycle and cook 6 to 8 minutes, or until thickened, stirring frequently. Add salt and onion. Add cheese; stir until melted. Pour over macaroni; blend well. Serve immediately or use COOK cycle and cook until hot.

Tuna Casserole

4 to 6 servings
Cook Time: 12 to 14 minutes

- 1 can (10³/₄ ounces) condensed cream of celery soup
- ³/₄ cup milk
- 3 cups cooked noodles
- 1 can (6¹/₂ ounces) tuna, drained and flaked
- ¹/₂ cup diced celery
- 1 tablespoon minced onion
- ¹/₂ teaspoon salt
- ¹/₄ teaspoon freshly ground pepper
- 1 cup chow mein noodles

Blend soup and milk in 2-quart microproof casserole. Add remaining ingredients, except chow mein noodles, blend well. Use COOK cycle and cook 9 minutes; stir. Top with chow mein noodles. Use COOK cycle and cook 3 to 5 minutes, or until hot in center.

Chicken and Rice

4 to 6 servings
Cook Time: 20 to 22 minutes

- 2 cups cooked cubed chicken
- 1 can (10³/₄ ounces) condensed cream of chicken soup
- 1 cup milk
- 1 cup sliced mushrooms
- 1 cup quick-cooking rice
- ¹/₂ teaspoon poultry seasoning
- ¹/₂ cup shredded cheese (optional)

Combine all ingredients, except cheese, in 1¹/₂-quart microproof casserole. Cover with plastic wrap. Use COOK cycle and cook 20 to 22 minutes, stirring twice during cooking time. Sprinkle with cheese. Cover and let stand 10 minutes before serving.

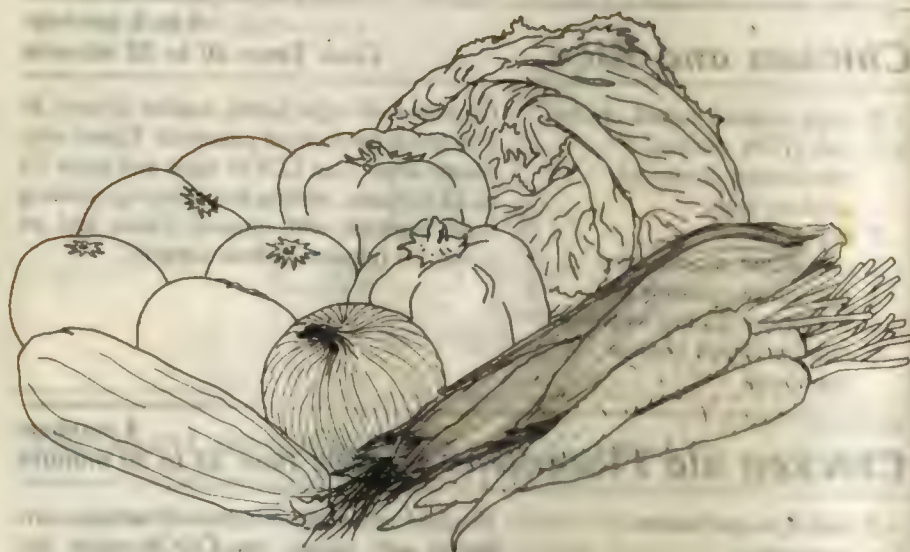
Chicken ala Florentine

4 servings
Cook Time: 25 to 30 minutes

- 2 tablespoons butter or margarine
- ¹/₂ cup chopped onion
- 2 packages (10 ounces each) frozen chopped spinach, thawed and thoroughly drained
- 2 cups diced cooked chicken
- 1 can (10³/₄ ounces) condensed cream of chicken soup
- 1 cup shredded Swiss cheese
- 3 tablespoons chicken broth
- Paprika

In glass measure, combine 2 tablespoons butter with onion. Use COOK cycle and cook 4 to 5 minutes, or until onion is tender. Stir onion into spinach. Spread mixture in 9-inch pie plate. Spoon chicken evenly over spinach. Set aside. Combine soup, cheese, and broth in 4-cup glass measure. Use COOK cycle and cook 6 minutes; stir to melt cheese. Pour evenly over chicken. Sprinkle with paprika. Use COOK cycle and cook 15 to 17 minutes.

Vegetables



COOKING TIPS

1. Choose a wide, shallow dish so vegetables can be spread out.
2. Cover all vegetables tightly.
3. Pouches of frozen vegetables require steam vents. Slit pouch and cook on microproof dish.
4. Frozen vegetables without sauces can be cooked in their cartons without water. Remove waxed paper wrapping before placing carton in oven. (Remove frozen-in-sauce vegetables if they are packaged in cartons rather than pouches. Place in 1½-quart microproof casserole. Add liquid before cooking according to package directions.)
5. After cooking, allow all vegetables to stand, covered, 2 to 3 minutes.

GUIDE FOR COOKING FRESH AND FROZEN VEGETABLES

Use Cook Cycle

Food	Amount	Vegetable Preparation	Time (minutes)	Water	Cook Tips
Artichokes 3½" in diameter ½ lb. (med)	Fresh: 1	Wash thoroughly. Cut tops off each leaf.	8-10	¼ cup	When done, a leaf peeled from whole comes off easily.
	2		12-14	½ cup	
	Frozen 10 oz.	Slit pouch.	6-7½		
Asparagus: spears and cut pieces	Fresh: 1 lb.	Wash thoroughly. Snap off tough base and discard.	2½-3½	¼ cup	Stir or rearrange once during cooking time.
	Frozen: 10 oz.		9-10	None	
Beans: green, wax, French-cut	Fresh: 1 lb.	Remove ends. Wash well. Leave whole or break in pieces.	12-14	¼ cup	Stir once or rearrange as necessary.
	Frozen: 6 oz.		9-11	None	
Beets	4 medium	Scrub beets. Leave 1" of top on beet.	19-22	¼ cup	After cooking, peel. Cut or leave whole.
Broccoli	Fresh, whole, 1-1½ lbs.	Remove outer leaves. Slit stalks.	11-13	¼ cup	Stir or rearrange during cooking time.
	Frozen, whole.		10-11½	¼ cup	
	Fresh, chopped, 1-1½ lbs.		10-11	¼ cup	
	Frozen, chopped 10 oz.		9½-11	None	
Brussels sprouts	Fresh: 1 lb.	Remove outside leaves if wilted. Cut off stems. Wash.	10-12	¼ cup	Stir or rearrange once during cooking time.
	Frozen: 10 oz.		8-10	None	
Cabbage	½ medium head, shredded	Remove outside wilted leaves.	6-7½	¼ cup	Rearrange wedges after 7 minutes.
	1 medium head, wedges		14-16	¼ cup	

Food	Amount	Vegetable Preparation	Time (minutes)	Water	Cook Tips
Carrots	4: sliced or diced	Peel and cut off tops. Fresh young carrots cook best.	8-10	1 Tbs.	Stir once during cooking time.
	6: sliced or diced		11-13	2 Tbs	
	8 tiny, whole		11-13	2 Tbs	
	Frozen 10 oz		10-11½	None	
Cauliflower	1 medium, in florets	Cut tough stem. Wash remove outside leaves. Remove core.	10-12	¼ cup	Stir after 5 minutes
	1 medium, whole.		11-13	¼ cup	Turn over once.
	Frozen: 10 oz.		10-12	¼ cup	
Celery	2½ cups, 1" slices	Clean stalks thoroughly	10-11	¼ cup	Stir after 5 minutes
Corn: kernel On the cob	Frozen: 10 oz.	Husk, wrap each in waxed paper. Place on glass tray in oven. Cook no more than 4 at a time. Flat dish, covered.	7-8	¼ cup	Stir halfway through cooking time
	1 ear		5-6	None	Rearrange halfway through cooking time
	2 ears		7-8	None	through cooking time unless cooked on microproof rack
	3 ears		10-12	None	
	4 ears		13-15	None	
Eggplant	Frozen, 2 ears	Wash and peel. Cut into slices or cubes. Pierce skin.	7-8½	None	Rearrange halfway through cooking time
	4 ears		12-14	None	
Greens: collard, kale, etc.	2 medium sliced	Wash. Remove wilted leaves or tough stem.	6½-8	2 Tbs	Place on micro-proof rack
	1 medium, whole		7½-9		
Mushrooms	Fresh: 1 lb.	Add butter or water	8½-10	None	
	Frozen: 10 oz.		9-10	None	
Okra	Fresh: ½ lb., sliced	Add butter or water	3-4	2 Tbs.	Stir halfway through cooking time
	Frozen: 10 oz.		4-6	¼ cup	
Onions	Fresh: ½ lb.	Wash thoroughly. Leave whole or cut in thick slices.	9-10	None	
	Frozen: 10 oz.		4-6	¼ cup	
Parsnips	1 lb., tiny whole	Peel. Add 1 Tb. butter.	8-10	¼ cup	Stir once during cooking time.
	1 lb. medium to large.		9-11	¼ cup	
Peas: green	4 medium, quartered	Peel and cut.	10-12	¼ cup	Stir once during cooking time.
	Frozen: 6 oz.		4-5½	2 Tbs.	
Peas and onions Pea pods	Fresh: 1 lb.	Shell peas. Rinse well.	9-10	¼ cup	Stir once during cooking time.
	Fresh: 2 lbs.		10-11	½ cup	
	Frozen: 6 oz.		6-7½	None	
	Frozen: 10 oz		7½-10	2 Tbs.	
Potatoes, sweet 5-6 oz. ea.	Frozen: 6 oz.	Scrub well. Pierce with fork. Place on rack or paper towel in circle. 1" apart.	4-5½	2 Tbs.	
	1		5-6	None	
	2		7½-9	None	
	4		10-13	None	
	6		13-16	None	

Food	Amount	Vegetable Preparation	Time (minutes)	Water	Special Notes
Potatoes white baking 6-8 oz. ea.	1	Wash and scrub well. Pierce with fork. Place on rack or paper towel in circle. 1" apart.	6-8	None	
	2		8-10	None	
	3		11-15	None	
	4		14-18	None	
	5		19-22	None	
russet, boiling	3	Peel potatoes, cut in quarters.	14-17	½ cup	Stir once during cooking time
Rutabaga	Fresh 1 lb.	Wash well. Remove tough stems or any wilted leaves	7½-9	None	Stir once during cooking time.
	Frozen 10 oz		9-10	None	
Spinach	Fresh 1 lb	Wash well. Remove tough stems. Drain.	8-9½	None	Stir once during cooking time
	Frozen 10 oz		9-10	None	
Squash, acorn or butternut Spaghetti squash	1-1½ lbs. whole	Scrub. Pierce with fork.	13-16	None	Cut and remove seeds to serve.
	2-3 lbs		8 per lb.		
Turnips	4 cups cubed	Peel, wash	12-15	¼ cup	Stir after 5 minutes
Zucchini	3 cups, sliced	Wash, do not peel	6-7	¼ cup	Stir after 4 minutes



COOKING GUIDE - CANNED VEGETABLES

Use COOK cycle.

Size	Minutes Drained	Minutes Undrained	Special Notes
8 ounces	2-3	3-4	Regardless of quantity use a 4-cup microproof casserole. covered. Stir once. Let stand covered 2-3 minutes before serving.
15 ounces	3-4	4-6	
17 ounces	4-6	6-7	

Green Beans with Bacon

4 servings

Cook Time: 25 to 30 minutes

- 3 slices bacon
- 1 medium onion, chopped
- 1 pound fresh green beans, trimmed and cut in 1-inch pieces
- Salt to taste

Cut bacon into small pieces; place in 2-quart microproof casserole. Add onion. Cover. Use COOK cycle and cook 9 minutes, or until bacon is brown and onion transparent. Add beans. Cover. Use COOK cycle and cook 18 to 19 minutes, or until beans are tender, stirring twice during cooking time. Let stand 3 minutes before serving.

NOTE: If using frozen or canned green beans, cooking times will vary.
1 10 oz. pkg. frozen green beans – 8 to 10 minutes.
1 17 oz. can green beans (drained) – 6 minutes.

Corn-in-the-Husk

4 servings

Cook Time: 15 to 20 minutes

- 4 ears corn in husks
- Butter or margarine
- Salt
- Freshly ground pepper

Discard soiled outer portion of husk. Soak corn in cold water 10 minutes. Drain, but do not dry. Arrange corn in spoke fashion on microproof plate. Use COOK cycle and cook 15 to 20 minutes, rearranging halfway through cooking time. Let stand 3 minutes. Peel and discard husks and silk. Serve with butter, salt, and pepper.

Potatoes Au Gratin

4 to 5 servings

Cook Time: 15 minutes

- 1 package (16 ounces) frozen southern-style hashed brown potatoes, thawed
- 1 can (10³/₄ ounces) condensed cream of potato soup
- ¹/₂ cup dairy sour cream
- 1 cup shredded cheese

In 1³/₄-quart shallow microproof casserole, combine potatoes, soup, sour cream, and ¹/₂ cup cheese; blend well. Use COOK cycle and cook 15 minutes, or until potatoes are tender, stirring once during cooking time. Sprinkle with remaining cheese. Cover and let stand 3 minutes, or until cheese is melted.

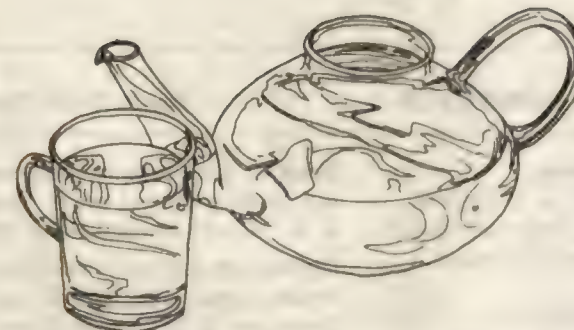
German Potato Salad

4 to 6 servings

Cook Time: 32 to 38 minutes

- 4 large potatoes
- 6 slices bacon
- 1 medium onion, chopped
- 2 tablespoons flour
- ¹/₂ cup water
- ¹/₄ cup vinegar
- ¹/₄ cup sugar
- 1 teaspoon salt
- ³/₄ teaspoon paprika
- ¹/₂ teaspoon celery seed
- ¹/₄ teaspoon freshly ground pepper

Cook potatoes according to Vegetable Cook Guide. Set aside. Place bacon in 2-quart microproof casserole. Cover with paper toweling. Use COOK cycle and cook 7 to 9 minutes, or until crisp. Remove bacon from casserole; set aside. Reserve 4 tablespoons drippings. Add onion to drippings. Use COOK cycle and cook 2 minutes. Add flour; stir. Use COOK cycle and cook 1 minute, or until onion is transparent. Stir in remaining ingredients. Use COOK cycle and cook 4¹/₂ to 5 minutes, or until mixture thickens. Peel and slice potatoes. Add to hot mixture. Stir to coat potatoes with sauce. Crumble bacon over top. Serve warm.



Twice-Baked Potato Boats

4 servings

Cook Time: 15 to 20 minutes

- 4 medium potatoes (5 to 6 ounces each)
- ¹/₂ cup dairy sour cream
- ¹/₃ cup milk
- 3 tablespoons butter or margarine, cut up
- 2 tablespoons chopped chives
- 1 teaspoon salt
- ¹/₈ teaspoon freshly ground pepper
- Paprika

Arrange potatoes in a circular pattern on microproof plate. Use COOK cycle and cook 12 to 13 minutes, or until tender, turning potatoes over once during cooking. Let stand 5 minutes. Cut top one-third off potatoes. Scoop out pulp and place in mixing bowl, leaving ¹/₄-inch thick shell. Mash potatoes. Beat in remaining ingredients, except paprika. Fill potato shells. Place on microproof plate. Sprinkle with paprika. Use COOK cycle and cook 6 minutes or until heated through.

Zucchini Parmesan

4 servings

Cook Time: 5 to 6 minutes

- 1½ pounds zucchini, sliced
¼-inch thick
- ¼ cup Parmesan cheese
- ½ teaspoon basil
- ¼ teaspoon salt
- 2 tablespoons butter or
margarine

Arrange zucchini slices in the bottom of a 1-quart casserole. Mix Parmesan cheese, basil and salt together. Sprinkle over zucchini.

Place butter in custard cup. Use COOK cycle and cook until butter melts. Drizzle over top of zucchini. Cover. Use COOK cycle and cook 4 to 5 minutes, or until zucchini is tender crisp.

Stuffed Tomatoes

4 servings

Cook Time: 7 to 8 minutes

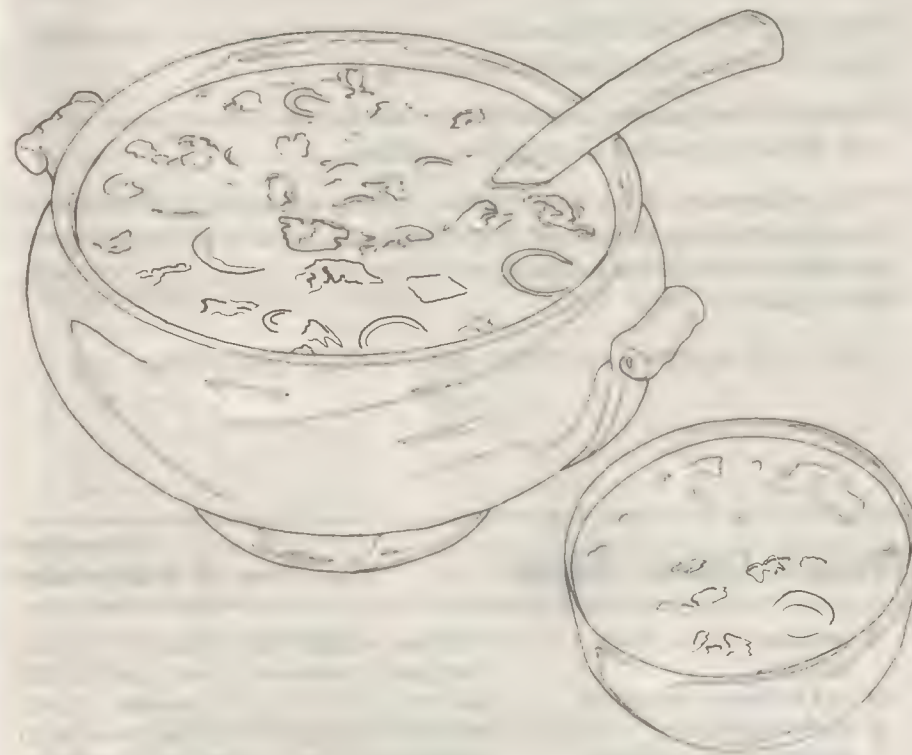
- 4 ripe tomatoes
- 2 Tbs. butter or margarine
- 2 Tbs. finely chopped onion
- 1 cup crushed dry bread
crumbs
- ½ teaspoon salt
- ¼ teaspoon poultry seasoning
- ⅛ teaspoon pepper
- 2 Tbs. butter or margarine,
cut in small pieces
- Paprika

Remove stem ends of tomatoes and scoop out center pulp and seeds. Place tomatoes in (8 x 8-inch) square baking dish. Set aside.

Combine butter and onion in a 1-quart casserole. Cover. Use COOK cycle and cook 4 minutes, or until onion is transparent. Stir in bread crumbs, salt, poultry seasoning and pepper. Mix well.

Spoon stuffing mixture into tomatoes. Dot with remaining butter. Sprinkle with paprika. Cover. Use COOK cycle and cook 3 to 4 minutes, or until skins begin to break and tomatoes are heated through.

Soups



- Be careful with milk-based liquids or large quantities, which can boil over quickly. Always select a large enough microproof container to prevent any boiling over, and fill individual cups no more than two-thirds full.
- Soup is cooked covered. Use microproof casserole lids, waxed paper, or plastic wrap.
- Cooking time varies with the volume of liquid and density of food in soup.
- Remember that the microwave's brief cooking time results in less evaporation of liquid than stovetop simmering.
- Start with one-quarter the time recommended in a conventional recipe and adjust as needed to complete cooking.
- The temperature of the liquid before heating will make a difference in final heating time. Water cold from the tap or drinks from the refrigerator will take somewhat longer than hot tap water or any room temperature liquid.
- Dried bean soups do not obtain best results in microwave.

French Onion Soup

6 servings
Cook Time: 30 to 35 minutes

- 3 medium onions, thinly sliced
- $\frac{1}{3}$ cup butter or margarine
- 4 cups beef broth
- 1 teaspoon Worcestershire sauce
- Salt to taste
- 1 teaspoon soy sauce
- $\frac{1}{2}$ teaspoon paprika
- Grated Swiss or Parmesan cheese

Combine onions and butter in 3-quart microproof casserole. Cover. Use COOK cycle and cook 15 to 18 minutes, or until onions are transparent, stirring once during cooking time. Stir in remaining ingredients, except cheese. Use COOK cycle and cook 15 to 17 minutes, or until hot. Serve in bowls with cheese sprinkled on top.

CANNED SOUPS

Use COOK cycle.

Soup	Amount	Time (minutes)	Special Notes
Broth	10 $\frac{3}{4}$ oz.	4-5	Use 1 $\frac{1}{2}$ -quart casserole
Cream Style: Tomato	10 $\frac{3}{4}$ oz. 26 oz.	5 $\frac{1}{2}$ -7 9-11 $\frac{1}{2}$	Use 1 $\frac{1}{2}$ -quart casserole Use 2-quart casserole
Bean, Pea, or Mushroom	10 $\frac{3}{4}$ oz.	8-9	Use 1 $\frac{1}{2}$ -quart casserole
Undiluted chunk-style vegetable	10 $\frac{3}{4}$ oz. 19 oz.	3-4 $\frac{1}{2}$ 6-8	Use 1-quart casserole Use 1 $\frac{1}{2}$ -quart casserole

- Add milk or water as directed on can. Stir.
- Stir cream-style soup halfway through cooking time.
- Let stand, covered, 3 minutes before serving.

Vegetable-Beef Soup

8 servings
Cook Time: 45 to 50 minutes

- 1 pound lean ground beef
- 4 cups water
- 1 can (16 ounces) tomatoes, broken up, liquid reserved
- 1 package (10 ounces) frozen mixed vegetables, thawed
- 1 envelope onion soup mix
- 1 bay leaf
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper

Place ground beef in 3-quart microproof casserole; break up with fork. Use COOK cycle and cook 7 to 8 minutes, or until beef is no longer red, stirring once during cooking. Break up ground beef with fork; drain. Stir in remaining ingredients. Cover. Use COOK cycle and cook 40 minutes, or until mixture boils, stirring every 10 minutes. Let stand, covered, 10 minutes. Discard bay leaf before serving.

COOKING GUIDE - INSTANT SOUPS

Use COOK cycle.

Soup	Number of Envelopes	Time (minutes)	Special Notes
Instant soup 1 $\frac{1}{4}$ -ounce envelope	1	2 $\frac{1}{2}$ -3	Use $\frac{3}{4}$ cup water in 8-ounce mug.
	2	4-4 $\frac{1}{2}$	Use $\frac{3}{4}$ cup water per 8-ounce mug.
	4	8-9	Use $\frac{3}{4}$ cup water per 8-ounce mug.
Soup mix 2 $\frac{3}{4}$ -ounce envelope	1	10 $\frac{1}{2}$ -13 $\frac{1}{2}$	Use 4 cups water in 2-quart casserole.



Manhattan Clam Chowder

5 to 6 servings
Cook Time: 30 minutes

- 1 package (16 ounces) frozen cod, flounder or haddock fillets
- 2 tablespoons vegetable oil
- 1 medium green pepper, seeded and cut in thin strips
- 1 onion, sliced
- 1 clove garlic, minced
- 1 can (16 ounces) tomatoes
- 1 bottle (8 ounces) clam juice
- 1 teaspoon basil leaves
- Salt to taste
- 1/8 teaspoon pepper
- 1 can (10 ounces) minced clams, undrained

Partially thaw frozen fish per instructions. In 3-quart microproof bowl, combine oil, green pepper, onion, and garlic. Use COOK cycle and cook for 5 minutes, stirring once. Add tomatoes, clam juice, basil, salt, and pepper. Use COOK cycle and cook 15 minutes. Add clams and liquid, stir. Use COOK cycle and cook 5 minutes, or until heated through and fish flakes easily.



Hearty Tomato Soup

6 servings
Cook Time: 35 minutes

- 2 medium onions, chopped
- 3 tablespoons butter or margarine
- 1 can (28 ounce) tomatoes, broken up; liquid reserved
- 3 cups beef broth or bouillon
- Salt to taste
- 1/2 teaspoon oregano
- 1/4 teaspoon freshly ground pepper
- Shredded cheese

Combine onions and butter in 3-quart microproof casserole. Use COOK cycle and cook 15 minutes, or until onions are transparent, stirring once during cooking time. Add remaining ingredients, except cheese, stir. Cover. Use COOK cycle and cook 20 minutes or until heated through. Let stand 10 minutes. Purée in container of electric blender or food processor. Serve in bowls sprinkled with cheese.

Italian Minestrone

8 servings

Cook Time: 45 to 50 minutes

- 2 cups cubed cooked beef or ham
- 1 can (16 ounces) tomatoes, broken up, liquid reserved
- 1 can (15 ounces) kidney or garbanzo beans, undrained
- 1 can (10¾ ounces) condensed tomato soup
- 1 cup water
- 1 cup shredded cabbage
- ½ cup uncooked vermicelli, broken in 1-inch pieces
- 1 clove garlic, minced
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon each basil and oregano
- ¼ teaspoon pepper
- Grated Parmesan cheese

Combine all ingredients, except Parmesan cheese, in 3-quart microproof casserole. Cover. Use COOK cycle and cook 45 to 50 minutes, or until vermicelli is cooked, stirring twice during cooking time. Let stand 10 minutes. Serve in bowls sprinkled with Parmesan cheese.

Sandwiches

Sandwiches are a perfect example of how heating can enhance flavor. With your microwave oven, hot sandwiches are just seconds away. Sandwiches heat very quickly because, being porous, they have a low density. Since the filling is usually more dense than the bread or rolls, the filling determines the heating time. Surprisingly, the filling will always be hotter than the bread feels. Care must be taken not to overcook as the bread will become tough and chewy.



ADAPTING YOUR OWN RECIPES

On adapting your own recipes, all we need to say here is, "Yes!" Use several thin slices of meat. Thin slices heat more quickly and are better than one thick slice. The slower-heating thick slice often causes the bread to overcook before the meat is hot. Sandwiches may be placed on a paper plate, napkin, or paper towel to be warmed. Cover with a paper towel, also. Sometimes, with just one sandwich, it is convenient to wrap the sandwich in a paper towel which absorbs moisture. Remove wrapping immediately after warming. Already-baked frozen breads and rolls may be used for sandwiches. The filling, however, should be thawed first. Toasted bread is fine for sandwiches and provides a firm base. The toast is warmed only; no further browning occurs. Times for sliced meat sandwiches, several thin slices of meat per sandwich:

1 sandwich	45 to 50 seconds
2 sandwiches	1 to 1½ minutes
4 sandwiches	2 to 2½ minutes

Hot Dogs with Cheese and Bacon

2 servings

Cook Time: 3 minutes

- 2 slices bacon
- 2 hot dog buns
- 1 tablespoon mustard
- Cheddar or American cheese slices
- 2 hot dogs

Place bacon between 2 sheets of paper towels. Use COOK cycle and cook 1½ minutes, or until partially cooked. Split buns; spread with mustard; set aside. Cut cheese into strips; divide cheese into 2 stacks. Cut each hot dog lengthwise in half, almost through. Lay cheese strips in slit. Wrap bacon strip around each hot dog. Place hot dogs in buns. Wrap each with paper towels or napkin. Use DEFROST cycle and cook 2 minutes. Let stand 1 minute before serving.

Tacos and Toppings

8 servings

Cook Time: 10 minutes

- 1 pound lean ground beef
- 1 cup chopped onion
- 1 clove garlic, minced
- ½ cup tomato juice
- 1 package (1¼ ounces) taco seasoning mix
- 8 taco shells
- 2 cups shredded lettuce
- 2 medium tomatoes, chopped
- 1½ cups shredded cheese
- 1 medium onion, finely chopped
- 1 avocado, diced
- Hot sauce
- Sour cream

Place beef in 2-quart microproof casserole; break up with fork. Add onion and garlic. Use COOK cycle and cook 6 minutes, or until beef is not longer red, stirring several times during cooking time; drain. Stir in juice and taco seasoning. Use COOK cycle and cook 4 minutes, or until heated through. Arrange taco shells on microproof plate. Use COOK cycle and cook 1 minute. Divide beef mixture, lettuce, tomatoes, cheese, onion, and avocado among shells. Serve with a favorite hot sauce and sour cream if desired.



Cheeseburgers

4 servings

Cook Time: 8 to 10 minutes

- 1 pound lean ground beef
- Garlic salt
- Freshly ground pepper
- Dash of Worcestershire sauce
- 4 hamburger buns, split and toasted
- 4 slices process or Cheddar cheese

Season ground beef with garlic salt, Worcestershire sauce and pepper. Shape into 4 patties. Arrange in 10-inch round microproof baking dish. Cover with waxed paper. Use COOK cycle and cook 3 minutes. Turn patties over; season. Cover. Use COOK cycle and cook 3 to 4 minutes, or until desired degree of doneness.

Place patties on bottoms of hamburger buns. Top each with slice of cheese. Place cheeseburgers in a circle on 10-inch paper towel-lined microproof plate. Use COOK cycle and cook 1 to 2 minutes, or until cheese is melted. Cover with tops of buns. Let stand 1 minute before serving.

Super Submarines

2 servings

Cook Time: 4 to 6 minutes

- 2 slices (1-inch thick) Italian bread or 2 large hard-rolls, split
- 1 tablespoon butter or margarine
- Bologna slices
- Summer sausage slices
- 1/2 cup sauerkraut, drained
- 2 slices mozzarella cheese
- Paprika

Spread bread with butter. Cut bologna and sausage slices in half. Place meat slices alternately on bread. Top with sauerkraut. Sprinkle with cheese. Place sandwich on paper towel-lined microproof plate. Use DEFROST cycle and cook 4 to 6 minutes, or until cheese is melted and sandwich is heated through. Sprinkle with paprika. Let stand 1 minute before serving

Sloppy Joe's

8 servings

Cook Time: 12 minutes

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 can (6 ounces) tomato paste
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 8 hamburger buns, toasted

Combine beef, onion, and green pepper in 2-quart microproof casserole. Use COOK cycle and cook 6 minutes, or until beef is no longer red, stirring once during cooking time. Break up beef with fork; drain. Add remaining ingredients, except buns. Blend well. Cover. Use COOK cycle and cook 6 minutes, stirring twice during cooking time. Spoon onto bottoms of hamburger buns; cover with tops.

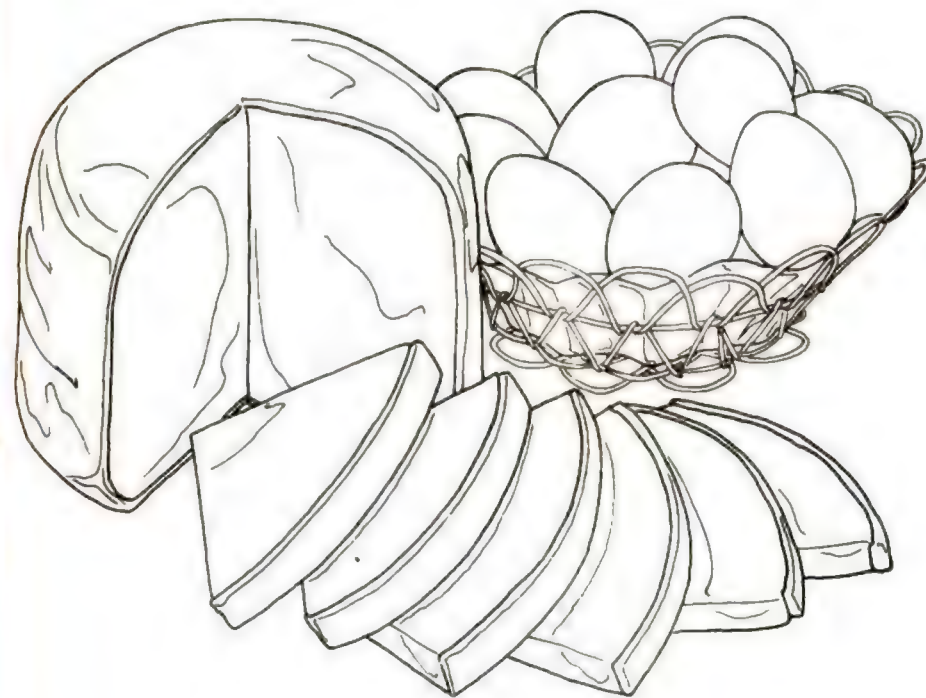
Eggs and Cheese

EGGS

Eggs cook differently by microwave. The high fat content of egg yolks absorbs energy, so yolks cook faster than whites. It's easy to poach eggs in a microwave oven, but if you want soft yolks, remove eggs from the oven before whites are completely cooked. A brief standing time allows whites to set without overcooking yolks. Check eggs for doneness early, they toughen when overcooked.

When eggs and yolks are mixed together for omelets, scrambled eggs or custards, they cook evenly and need less stirring than with the conventionally cooking methods.

Do not try to cook eggs in the shell. Steam can build up inside the shells, causing them to burst.



Classic Omelet

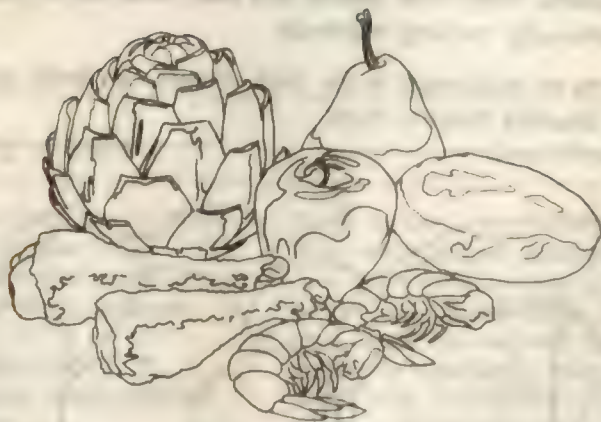
2 servings
Cook Time: 4½ to 5 minutes

- 1 tablespoon butter or margarine
- 4 eggs
- 4 tablespoons water
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper

Place butter in 9-inch microproof pie plate. Use COOK cycle and cook 30 seconds, or until melted. Beat remaining ingredients in bowl; pour into pie plate. Cover with waxed paper. Use COOK cycle and cook 4 to 4½ minutes, stirring once during cooking time. Let stand, covered, 1 to 2 minutes. Fold in half to serve.

Deluxe Classic Omelet

Before folding omelet, fill with one of the following: crumbled cooked bacon, grated cheese, chopped green onion or green pepper, chopped ham.



Eggs Oriental

4 to 6 servings
Cook Time: 9 to 10 minutes

- 1 tablespoon butter or margarine
- 1 cup sliced mushrooms
- 1 cup chopped green onions
- 5 eggs
- 4 tablespoons water
- 1 can (8 ounces) water chestnuts, chopped
- 1 cup bean sprouts
- 2 teaspoons soy sauce
- ¼ teaspoon freshly ground pepper

Place butter in 8-inch microproof pie plate. Use COOK cycle and cook 30 seconds, or until melted. Add mushrooms and onions. Cover with waxed paper. Use COOK cycle and cook 3 minutes. In small bowl, mix remaining ingredients. Add to onions and mushrooms; stir lightly to mix. Cover. Use COOK cycle and cook 5½ to 6 minutes, or until eggs are set, stirring every 2 minutes during cooking time. Let stand 1 to 2 minutes. Serve with soy sauce, if desired.

Baked Eggs on Corned Beef Hash

4 servings
Cook Time: 10 to 16 minutes

- 1 can (12 ounces) corned beef hash
- 4 eggs
- 4 tablespoons shredded Cheddar cheese
- Salt
- Pepper

Divide can of corned beef hash evenly between four 4-inch microproof custard cups. With the back of a spoon, make a hollow in the center of the hash. Use COOK cycle and cook 5 minutes. Break egg into the hollow. Pierce egg yolk carefully with a toothpick. Sprinkle each egg with 1 tablespoon cheese. Cover with a paper towel. Use COOK cycle and cook for 5 to 6 minutes, or until egg white is nearly opaque and hash is hot. Let stand, covered, for 1 minute before serving.

Denver Omelet

4 to 6 servings
Cook Time: 6 to 7 minutes

- 5 eggs
- ¼ cup mayonnaise
- ¼ cup milk
- ½ cup minced cooked ham
- 2 tablespoons minced onion
- 1 tablespoon chopped pimiento
- 2 tablespoons chopped green pepper
- ¼ teaspoon salt
- 1 tomato, seeded and chopped
- 4 to 6 slices toast

Combine eggs, mayonnaise, and milk in 1- to 1½-quart microproof casserole; blend well. Stir in ham, onion, pimiento, green pepper, and salt. Cover. Use COOK cycle and cook 5 to 6 minutes, or until just set, stirring every minute during cooking time. Stir in tomato. Use COOK cycle and cook covered 1 minute. Let stand 2 minutes. Serve with toast.

Swiss Cheese Fondue

4 to 6 servings
Cook Time: 9 to 11 minutes

- 1 pound (4 cups) shredded Swiss cheese
- 2 tablespoons cornstarch
- 1½ cups dry white wine
- 1 clove garlic, minced
- Dash nutmeg
- Dash salt
- Freshly ground pepper
- French bread, cut in cubes

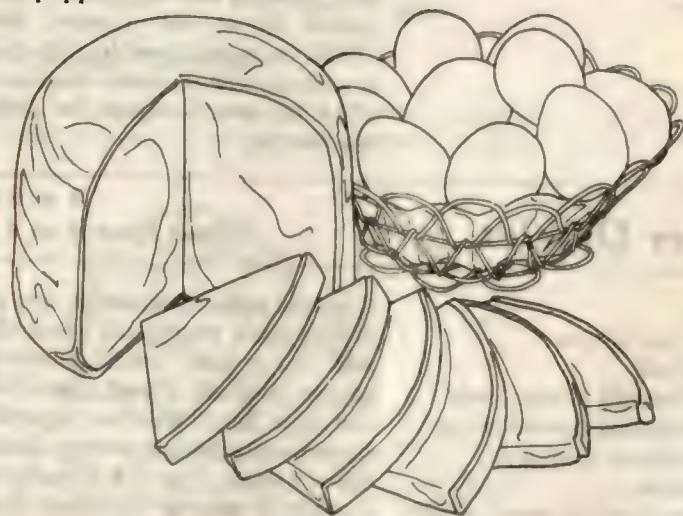
Combine cheese and cornstarch in 2-quart microproof casserole. Stir in wine, garlic, salt and pepper. Use COOK cycle and cook 9 to 11 minutes, or until cheese is melted and smooth, stirring twice during cooking time. Pour into fondue pot and keep warm. Serve with bread cubes.

Quiche Lorraine

4 to 6 servings
Cook Time: 8 to 10 minutes

- Baked 9-inch pie shell
- 6 slices bacon, cooked crisp and crumbled
- 2 eggs, beaten
- 1/2 cup evaporated milk
- 1 small onion, thinly sliced
- 1/2 cup grated Swiss cheese
- Pinch pepper

Sprinkle cooked bacon over bottom of baked shell. Beat eggs with wire whip. Stir in evaporated milk, onion, cheese and pepper. Pour into shell. Use COOK cycle and cook 8 to 10 minutes, or until metal knife inserted comes out clean.



Shrimp and Asparagus Quiche

5 to 6 servings
Cook Time: 10 to 12 minutes

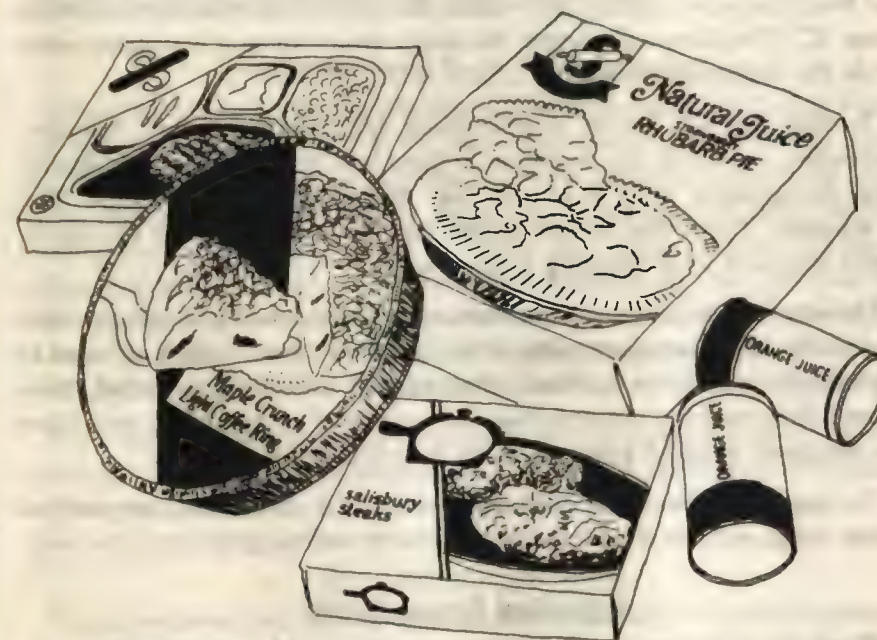
- Baked 9-inch pie shell
- 1/2 cup cooked shrimp or 1 can (6 1/2-ounces), drained
- 1 can (8-ounces) asparagus, drained and cut in 1-inch lengths
- 1 egg
- 3/4 cup evaporated milk or light cream
- 1/2 teaspoon salt
- Pinch white pepper
- 3 tablespoons grated Parmesan cheese

Flake shrimp and mix with asparagus. Spread over bottom of baked quiche shell. Beat egg lightly with wire whip. Stir in evaporated milk, salt and pepper. Sprinkle with Parmesan cheese. Use COOK cycle and cook 10 to 12 minutes

Convenience Foods

FROZEN FOODS

A large variety of frozen individual foods, special dishes and dinners are available and the selections continue to increase. The market is changing rapidly, therefore it is impossible to list the foods and types available and recommend cooking procedures. In this book we can only give general directions to assist you.



T.V. Dinners

In this general category, there are two types. One is called the dinner and the other is referred to as the complete meal as it contains a soup and a dessert along with the main entree and vegetables. We do not recommend cooking this second type in this oven. One T.V. dinner may be heated at a time in the oven left in the foil pan with top foil removed, but the complete meal is not recommended due to the size and shape of the metal container.

METAL COOKING UTENSILS SHOULD NOT BE USED IN THE OVEN BUT THE T.V. DINNER MAY BE COOKED ON THE FOIL PLATTER BECAUSE OF THE AMOUNT OF FOOD. The foil on top must be removed. The microwave energy will enter the food only from the top.

To prepare the T.V. dinner in the metal container, (A) remove the dinner from the paper carton, (B) replace the foil on top with pleated plastic wrap. (C) The pleat will prevent the steam from bursting the plastic wrap while the foods are cooking.

To cook the T.V. dinner, it will require approximately 5 to 7 minutes, depending on foods, for the food to thaw and heat to serving temperature. Allow plastic wrap to remain over dish for 2 minutes to allow heat to equalize. The entire bottom of the metal container should be slightly warm to touch when heating is completed.

Dinners that contain mashed potatoes have presented a bit of a problem due to the large compact mass of this particular food. You may want to remove about half the mashed potatoes after defrosting is started, then spread the remaining potatoes over the individual section of the tray. Heat the removed mashed potatoes in an individual dish.

For foods that should be crisp when cooking is completed, remove the plastic wrap and use the broiler of a conventional range to crisp the food.

Individual Frozen Foods

These may be commercially prepared or frozen at home. Place the container of frozen food in the oven and heat only until the food starts to defrost and can be removed easily. Empty contents into a casserole or serving dish and continue to defrost and heat. Do not heat foods in deep foil containers. To crisp and brown special toppings, use the broiler of a conventional range.

If allowed to heat to serving temperature in a plastic container, the container will warp or melt from the high heat of food.

Frozen Foods in Cooking Pouches or Boilable Bags

To prepare these foods, slit the plastic bag. An X-type cut will help remove the food at the end of cooking time. Place the cut side down on a serving dish (with no metal trim). Heat foods other than vegetables for about 3 minutes. Frozen vegetables require about 5-7 minutes of cooking time. Allow pouch bag to remain over food for about 2 minutes to allow time for heat to equalize.

Foods prepared in cheese or white sauce should be removed from the pouch and placed in a glass casserole dish and stirred to prevent overcooking of the sauce around the edges of the dish.

Complete Meals from Table Leftovers

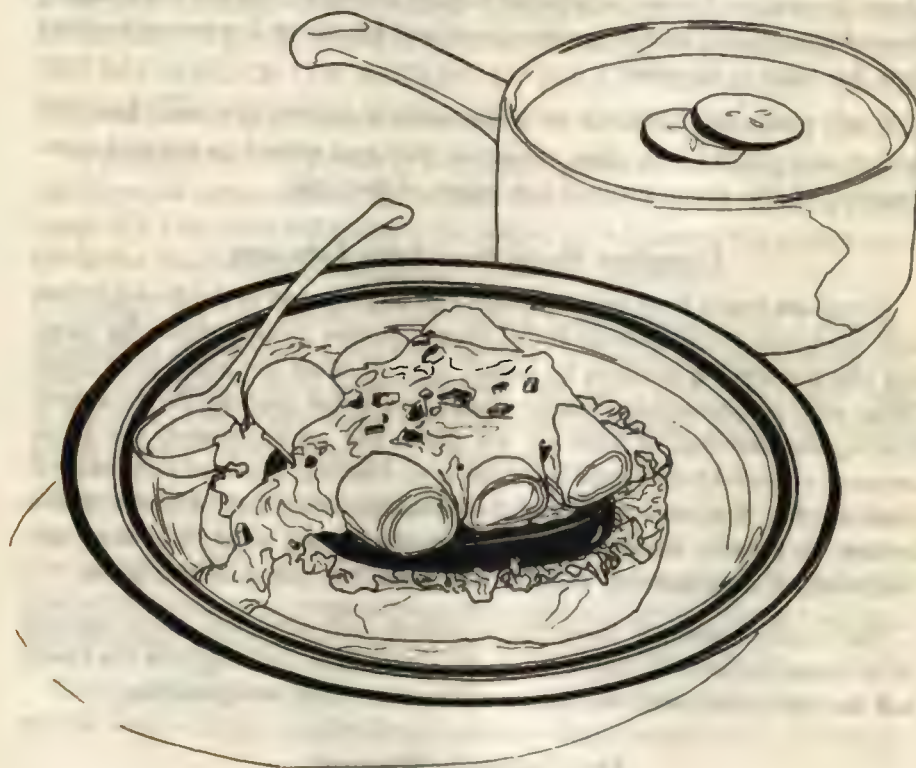
Complete meals from table leftovers can be prepared in the home, frozen and ready for quick heating in the oven. Choose foods suitable for freezing and put serving portions on paper, glass or china (no metal trim) plate. Wrap with recommended freezer paper and freeze quickly. When apportioning the servings of food on the plate, use approximately the same amount of each kind of food for more even heating. Mashed potatoes will heat quicker if spread slightly and hollowed, with a pat of butter in the center. To prevent small pieces of vegetables, corn, peas, etc., from dehydrating during heating, mound well near the center of the plate.

For a quick breakfast, freeze three fluffy 4-inch pancakes with a mound of whipped butter and maple syrup. In 1 minute of cooking time the cakes will be piping hot and the butter will start to melt for spreading.

Dry Casserole Mixtures

Many prepared box type casseroles are appearing on grocery shelves. A number have freeze dried foods included or evaporated foods. Cooking periods are so short that there may not be time for the foods to absorb the moisture sufficiently and reconstitute the foods. To prepare this type, boil the amount of water recommended on the package. Add the noodles, cover and cook for approximately 10 minutes. Allow noodles to stand covered for an additional 10 minutes, rinse with warm water and drain. Then follow package directions for preparing the mix. Reheat 4 to 6 minutes before serving.

Sauces



Sauces boil over rapidly; especially those that contain milk. As soon as the door is opened, cooking stops. If ingredients are not taken directly from the refrigerator, cooking time will be less than given in the recipe.

Stir sauce quickly, about every 30 seconds to eliminate lumps.

A wooden spoon may be left in the dish while sauce is cooking for easy stirring. If sauce is stirred slowly cooking time may require about 15 seconds longer.

If desired, the 1 quart glass measurer may be used to prepare some sauces.

Rich White Sauce

Makes 2½ cups

Cook Time: 6 to 7 minutes

- 4 tablespoons butter or margarine
- 4 tablespoons all-purpose flour
- 1 teaspoon salt
- 2 cups milk
- 1 egg yolk, beaten

Use COOK cycle and cook butter in a 1-quart casserole at 30 seconds or until melted. Stir in flour and salt. Stir well and gradually add milk. Blend thoroughly. Use COOK cycle and cook 5 to 6 minutes, stirring several times. Add some of the hot sauce to beaten egg yolk. Return the egg mixture to the sauce. Stir well. Use COOK cycle and cook 30 seconds.

Cheese Sauce

Cook Time: 5 to 5½ minutes

- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- 2 cups milk
- ½ teaspoon salt
- ⅛ teaspoon dry mustard
- ⅛ teaspoon pepper
- Dash of paprika
- 2 tablespoons sherry
- 1 cup shredded Cheddar cheese

Use COOK cycle and cook butter in a 4-cup glass measure 30 seconds to melt. Blend in flour. Stir in milk.

Use COOK cycle and cook 3 minutes, stirring once or twice, or until thick and smooth. Stir in seasonings, sherry, and grated cheese. Use COOK cycle and cook 1½ to 2 minutes. Stir well to blend cheese into sauce. Use as a topping for crêpes or stir into hot cooked macaroni or noodles.

Baking

A cake in ten minutes? Yes! When you cook your first cake in your microwave oven, you will be amazed at the speed. It also produces a delectable cake, superior in texture, taste, and height to conventional cooking. Bar cookies are another fast and delicious product. They are especially easy and it's hard to fail when making them in a microwave oven.



ADAPTING YOUR OWN RECIPES

How easy can it be! You're sure to find a recipe here like the one you want to try. And the nicest thing of all is that good old friend, the toothpick. Science has yet to replace it as the most reliable test for doneness. But cakes aren't the only product which promises outstanding success.

- Bar cookies work best. Greasing or lining of the microproof baking dish is optional.
- If insufficient browning disturbs you, frost, glaze, or add food coloring to white or yellow batters.
- A serviceable microproof cookie sheet can be made by covering cardboard with waxed paper.
- Round glass baking dishes, and fluted or smooth microproof ring molds work best for cakes. You can make a microproof ring mold of your own by placing a medium-size glass in the center of a round glass baking dish.
- Because your cakes will rise higher in microwave cooking, never fill microproof cake pans more than half full.
- Reduce baking powder and soda by approximately one-fourth when converting a conventional recipe.
- Fill paper-lined muffin cups only half full to allow for muffins rising more.
- You can prepare your own "brown 'n serve" breads and rolls by baking them ahead in the microwave oven. Then place them in the conventional oven to brown just before serving.
- Breads and rolls should be reheated to the point where they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.
- When making yeast bread in a microwave oven, choose a recipe with cornmeal, whole wheat flour, or rye flour to achieve a rich color.

Pineapple Upside-Down Cake

4 to 6 servings
Cook Time: 10 minutes

- 1/2 cup brown sugar
- 2 Tbsp. butter, melted
- 6 slices pineapple
- 6 maraschino cherries
- 1/2 box yellow cake mix
- 1/3 cup pineapple juice
- Water

Mix brown sugar and melted butter in an 8-inch round glass cake dish. Use COOK cycle and cook until a syrup is formed (approximately 3-4 minutes); add pineapple and cherries. Add the batter mixed according to the directions on the box, using pineapple juice and water to give amount of liquid called for on the box. Cover with a paper towel and bake 7 minutes. Turn dish half way through baking period. Remove immediately from dish upon completion.

German Chocolate Brownie Dessert

Cook Time: 10 to 12 minutes

- 1/4 cup butter or margarine
- 1/2 cup brown sugar, packed
- 2/3 cup pecans, chopped
- 2/3 cup flaked coconut
- 1 3 3/4-ounce package instant vanilla pudding
- 1/3 cup evaporated milk or light cream
- 1 15 1/2-ounce fudge or walnut brownie mix
- 1 egg
- 1/4 cup cold water
- 1/2 cup dairy sour cream

TOPPING: Melt butter in 8-inch square dish, about 45 seconds. Sprinkle brown sugar over butter, then pecans and coconut. Sprinkle with 1/4 cup of the dry pudding mix (reserve remainder for cake). Pour evaporated milk evenly over all.

CAKE: In large mixing bowl, combine brownie mix, egg, water, sour cream and the remaining dry pudding mix. Stir about 50 strokes (batter will be stiff and slightly lumpy). Carefully spoon batter over topping in dish, spreading to cover. Use COOK cycle and cook 10 to 12 minutes or until toothpick inserted in center comes out clean. Turn dish a quarter turn every 3 minutes while dessert is baking. Cool in pan 5 minutes; loosen edges, then invert onto serving plate. Cut into squares; serve warm or cold.

PREPARED CAKE MIX - LAYER CAKES

Prepare the cake mix as directed on the package. Divide batter evenly into two 8-inch wax paper lined glass cake pans filling 1/2 full. Allow batter to stand in pan at least 15 minutes before baking. Tap gently on bottom of pans to remove large air bubbles in batter. (Cover with wax paper during standing.)

Cover with paper towel. Use COOK cycle and bake one layer at a time 5 minutes. Turn dish half way through baking period. Cool on racks for 5 minutes before removing.

There are a variety of cake mixes on the market today and it is impossible in this book to give separate directions for each mix. The directions for the preparation and baking time are about the same. It may be necessary to increase cooking time 1/4 to 1/2 minute when mixes with large volume are used.

Ambrosia Crisp

4 to 6 servings
Cook Time: 8 to 9 minutes

- 1 10-ounce package frozen strawberries, thawed
- 1 8-ounce can pineapple chunks
- 1 Tbsp. cornstarch
- 1 11-ounce can mandarin orange sections, drained
- 1/4 cup shredded coconut
- 1/4 cup packed brown sugar
- 1/4 cup quick-cooking rolled oats
- 2 Tbsp. all-purpose flour
- 1/8 teaspoon ground cinnamon
- 2 Tbsp. butter or margarine

Drain strawberries and pineapple, reserving syrups. Combine syrups to make 1 cup liquid. In baking dish, mix together cornstarch and syrup mixture. Use COOK cycle and cook uncovered, 4 to 5 minutes or till bubbly; stir after each minute. Stir in fruits and coconut. Mix together sugar, oats, flour and cinnamon. Cut in remaining butter till crumbly. Sprinkle atop fruits. Use COOK cycle and cook uncovered, about 4 minutes; turn dish a half turn after 2 minutes.



Homemade Pastry

2 9-inch shells or 1 double-crust pastry
Cook Time: 5 to 6 minutes

- 2 cups flour
- 1/2 teaspoon salt
- 2/3 cup butter or margarine
- 4 to 6 Tbs. ice water

Put flour and salt in medium bowl. Mix. Cut in butter or margarine until mixture forms coarse crumbs. Sprinkle with water while mixing lightly. Form into ball.

Divide dough in half. On lightly floured surface, roll out each half to a 12-inch circle. If preparing two shells, place pastry into two 9-inch glass pie plates. Trim and flute edges. Prick pastry with fork. Cook each shell separately for 5 to 6 minutes.

Cheesecake Pie

Cook Time: 15 to 20 minutes

- 2 8-ounce packages cream cheese, softened
- 2/3 cup sugar
- 1/4 teaspoon almond extract
- 3 eggs
- 1 cup sour cream
- 3 tablespoons sugar
- 1 teaspoon vanilla
- Milk chocolate candy bar

Combine cream cheese, 2/3 cup sugar and almond extract in mixer bowl, beating until fluffy. Add eggs, one at a time, beating after each at low speed until just blended. Pour into an ungreased 9-inch deep dish pie plate. Use COOK cycle and cook 15 to 20 minutes or until knife inserted just off-center comes out clean. Stir together sour cream, 3 tablespoons sugar and vanilla; spread over hot cheesecake. Cool. Using vegetable peeler, shave thin "curls" of chocolate over top of pie. Cover and chill until serving time.

Pecan Pie

6 to 8 servings
Cook Time: 13 to 14 minutes

- 1/4 cup butter or margarine
- 1 1/2 cups chopped pecans
- 1 cup sugar
- 1/2 cup light corn syrup
- 3 eggs, slightly beaten
- 1 teaspoon vanilla extract
- 1 baked (9-inch) pie shell in microproof dish

Place butter in 2-quart glass measure or bowl. Use COOK cycle and cook 1 minute, or until melted. Blend in nuts, sugar, corn syrup, eggs, and vanilla. Pour into pie shell. Use COOK cycle and cook 12 to 13 minutes, or until center is set. Cool to room temperature before serving.

Garlic Bread

12 servings
Cook Time: 2 to 3 minutes

- 1 loaf (16 ounces) French, Italian, or sourdough bread
- 1/2 cup butter or margarine, softened
- 2 cloves garlic, minced
- 1/2 cup grated Parmesan cheese
- Parsley flakes

Cut loaf in 1-inch thick slices without cutting through bottom crust. In small bowl, blend butter and garlic. Spread on bread slices; then sprinkle with cheese and parsley flakes. Place loaf on paper towel-lined microproof plate. Use COOK cycle and cook 2 to 3 minutes, or until heated through.

Herb Bread

12 servings
Cook Time: 2 to 3 minutes

- 1 loaf (16 ounces) French, Italian, or sourdough bread
- 1/2 cup butter or margarine, softened
- 1 tablespoon instant onion flakes
- 1 tablespoon snipped parsley
- 1/2 teaspoon basil
- 1/2 teaspoon dillweed
- 1/4 teaspoon onion salt
- Paprika

Cut loaf in 1-inch thick slices without cutting through bottom crust. In small bowl, blend remaining ingredients, except paprika. Spread on bread slices. Sprinkle with paprika. Place loaf on paper towel-lined microproof plate. Use COOK cycle and cook 2 to 3 minutes, or until heated through.

Breakfast Muffins

18 muffins
Cook Time: 3 to 5 minutes

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 egg, well beaten
- 1/4 cup salad oil
- 1/2 cup milk
- 1/4 cup dark molasses

Sift together flour, sugar, baking powder, ginger, and salt in a mixing bowl. Combine the egg, salad oil, milk, and molasses. Add all at once to the dry ingredients. Stir just to mix.

Fill paper-lined microwave muffin ring 1/2 full with batter. Use COOK cycle and cook 6 to 7 muffins 3 to 5 minutes. Redistribute or rotate 1/2 turn after 3 1/2 to 4 minutes. Repeat with remaining batter. Serve warm.

Pudding and Pie Fillings

- In sauces and fillings, use slightly less liquid than called for in the conventional recipe.
- Variety and ripeness of fruit will call for changes in the amount of sugar used and in cooking time. (Less sugar and less cooking time for ripe fruit.)
- Remove baked custards from oven when centers are nearly firm. They will continue to cook and will set after removal.
- Do not overcook pudding. Overcooking causes pudding to thin while cooling.



Food	Amount	Time (minutes)	Control	Special Notes
Pudding and pie filling mix	3¼ ounces 5½ ounces	7½-9 11-13	COOK COOK	Follow package directions. Stir every 3 minutes. Use 4-cup glass measure.
Egg custard	3 ounces	8½-11	COOK	Follow package directions. Stir every 3 minutes. Use 4-cup glass measure.
Tapioca	3¼ ounces	7-9	COOK	Follow package directions. Stir every 3 minutes. Use 4-cup glass measure.

Fluffy Orange Pie

6 to 8 servings
Cook Time: 4 to 5 minutes

- ¼ cup butter
- ¼ cup sugar
- 1 cup vanilla wafer crumbs
- 3 cups miniature marshmallows
- 1 Tbsp. orange peel, grated
- ¾ cup orange juice
- 2 Tbsp. lemon juice
- 3 cups prepared dessert topping

CRUST: Place butter in 9-inch pie plate and melt in microwave about 1 minute. Add sugar and crumbs; mix well. Press crumb mixture onto sides and bottom of pie plate. Use COOK cycle and cook for 1 minute 45 seconds, turning once. Cool.

FILLING: In a 3-quart casserole, combine marshmallows, orange peel and juices. Use COOK cycle and cook 2 minutes or until marshmallows puff. Stir until mixture is well blended and smooth. Chill until partially set. Fold in dessert topping. Pour into prepared pie crust and chill in refrigerator 4 hours before serving.

Chocolate Mousse

4 servings
Cook Time: 1½ to 4 minutes

- 1 Tbs. butter
- 3 1-ounce squares unsweetened chocolate
- 2 eggs, separated
- ½ cup sugar, divided
- 2 teaspoons dark rum
- 1 teaspoon cold strong coffee
- 1 cup heavy cream, whipped

Use COOK cycle and cook butter and chocolate in small bowl for 1½ to 4 minutes; stir until smooth. Beat egg whites until foamy in small bowl of electric mixer; gradually add ¼ cup sugar until stiff peaks form; set aside. In large bowl of mixer beat egg yolks with remaining ¼ cup sugar until lemon-colored and light; beat in rum and coffee. Fold chocolate mixture into egg yolk mixture, then gently fold in egg white mixture and whipped cream, just to blend. Spoon into dessert bowl and chill several hours or overnight. (If desired, reserve about 1 cup mousse, put into pastry bag with fluted tip and form rosettes to garnish.)



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